



# **2021 Spring Kick Off Meeting 130<sup>th</sup> Year of Elks Football**

## **Agenda**

**5:00 – 5:30 Check In with QB Club**

**5:30 – 6:30 10-12 Football Meeting – ERHS Zabee Theater  
QB Club / Fertilizer Meeting**

**6:30 – 7:00 Freshmen – Check-In with QB Club**

**7:00 – 8:00 Freshmen Football Meeting – ERHS Zabee Theater  
QB Club/ Fertilizer Meeting**

**TEAM 130 - ELK RIVER FOOTBALL**



## 2021 Spring Kick Off Meeting 130<sup>th</sup> Year of Elks Football

**Head Coach - Steve Hamilton**

- Email: [steven.hamilton@isd728.org](mailto:steven.hamilton@isd728.org)

**Head 9th Grade Coach - Aaron Osterman**

- Email: [aaron.osterman@isd728.org](mailto:aaron.osterman@isd728.org)

**Elks QB Club President – Dave Williams**

- Email: [djw62563@hotmail.com](mailto:djw62563@hotmail.com)



TEAM 130 - ELK RIVER FOOTBALL



## 2021 Spring Kick Off Meeting 130<sup>th</sup> Year of Elks Football

### Remind - Text Messaging Service for Parents

**\*\* Parents (9th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2109-par**

**\*\* Parents (10th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2110-par**

**\*\* Parents (11th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2111-par**

**\*\* Parents (12th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2112-par**



# TEAM 130 - ELK RIVER FOOTBALL



## 2021 Spring Kick Off Meeting 130<sup>th</sup> Year of Elks Football

### **Remind - Text Messaging Service for Players**

**\*\* Players (9th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2109player**

**\*\* Players (10th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2110player**

**\*\* Players (11th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2111player**

**\*\* Players (12th)** - Text following code to **81010**

or use this phone number **(763) 515-0807** - Code: **@2112player**

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## 2021 Spring Kick Off Meeting 130<sup>th</sup> Year of Elks Football

### **Follow Elks Football on Social Media:**

Website – [www.elkriverfootball.com](http://www.elkriverfootball.com)

Facebook Football – [www.facebook.com/ElkRiverElksFootball](http://www.facebook.com/ElkRiverElksFootball)

Facebook QB Club - [www.facebook.com/ElkRiverQuarterbackClub](http://www.facebook.com/ElkRiverQuarterbackClub)

Twitter – @ElkRiverElksFB

Email – [elkriverelksfootball@gmail.com](mailto:elkriverelksfootball@gmail.com)

Parents of Team 130 Facebook –

<https://www.facebook.com/groups/2348350275439062>

# TEAM 130 - ELK RIVER FOOTBALL



## **2021 Spring Kick Off Meeting 130<sup>th</sup> Year of Elks Football**

### **What We Teach**

- 1. SELFLESSNESS**
- 2. TOUGHNESS**
- 3. DISCIPLINE**

### **What We Expect**

- 1. STUDENT FIRST**
- 2. COMMUNITY INVOLVEMENT**
- 3. COMMITMENT TO THE PROGRAM**
- 4. WIN EVERY DAY**
- 5. HAVE FUN!**

**TEAM 130 - ELK RIVER FOOTBALL**

# Most Wins in Minnesota Since 2016

(Note: There are 361 schools in Minnesota that play football)

1.	Caledonia (2A)	57 Wins
2.	Pierz (3A)	55 Wins
3.	Minneapolis North(2A)	52 Wins
4.	Bold (1A)	52 Wins
<b>5.</b>	<b>Elk River (5A)</b>	<b>49 Wins</b>
6.	Owatonna (5A)	49 Wins
7.	Eden Prairie (6A)	48 Wins
8.	Rochester Lourdes (3A)	43 Wins
9.	Lakeville North (6A)	42 Wins
10.	Jackson County (3A)	42 Wins



## TEAM 130 - ELK RIVER FOOTBALL

# What Will it Take to Get Here?



TEAM 130 - ELK RIVER FOOTBALL





## 2021 Spring Kick Off Meeting 130<sup>th</sup> Year of Elks Football

### 2021 Summer Strength & Speed

The Elk River Strength & Speed program offers each participant the opportunity to become a better athlete through a sound strength and speed development program. This program has proven to assist its participants to have greater success in their respective sports.

The three primary goals of the program are:

- \* To decrease the chance of injury for each participant
- \* To give each participant a greater chance to reach his/her potential
- \* To help increase each participant's self-confidence

#### Program Design

Each session is designed as follows:

- \* Warm-up/Flexibility
- \* Speed/Agility Work
- \* Core Strength/Abdominal work
- \* Strength Training

Each strength-training program is individualized and based on each individual's strength level.



**The program dates are June 7th to July 30th, not meeting the week of July 4th to 11th (Dead Week).**

**TEAM 130 - ELK RIVER FOOTBALL**



**2021 Spring Kick Off Meeting  
130<sup>th</sup> Year of Elks Football**

**Equipment Handout (Start in Lockerroom)**

**Tuesday, June 1 (After School):**

**Seniors: 2:15 - 2:40**

**Juniors: 2:40 - 3:05**

**Sophomores: 3:05 - 3:30**

**Freshmen: 3:30 - 4:00**

**Wednesday June 2nd @ 6:00 pm**

**This is make up time if you can't make Tuesday!**

**TEAM 130 - ELK RIVER FOOTBALL**



**2021 Spring Kick Off Meeting  
130<sup>th</sup> Year of Elks Football**

**2021 Summer Mini Camp 1**

**Practices for 10th-12th:**

<b>Monday, June 14th</b>	<b>6:00 pm - 8:30 pm</b>
<b>Tuesday, June 15th</b>	<b>6:00 pm - 8:30 pm</b>
<b>Wednesday, June 16th</b>	<b>6:00 pm - 8:30 pm</b>
<b>Thursday, June 17th</b>	<b>6:00 pm - 8:30 pm</b>

**Practices for 9th Grade:**

<b>Monday, June 14th</b>	<b>8:00 am - 9:30 am</b>
<b>Tuesday, June 15th</b>	<b>8:00 am - 9:30 am</b>
<b>Wednesday, June 16th</b>	<b>8:00 am - 9:30 am</b>
<b>Thursday, June 17th</b>	<b>8:00 am - 9:30 am</b>

**TEAM 130 - ELK RIVER FOOTBALL**



**2021 Spring Kick Off Meeting  
130<sup>th</sup> Year of Elks Football**

**2021 Summer Mini Camp 2**

**Practices for 10th-12th:**

<b>Monday, July 26th</b>	<b>10:00 am - 12:30 pm</b>
<b>Tuesday, July 27th</b>	<b>10:00 am - 12:30 pm</b>
<b>Wednesday, July 28th</b>	<b>10:00 am - 12:30 pm</b>
<b>Thursday, July 29th</b>	<b>10:00 am - 12:30 pm</b>
<b>Thursday, July 29th</b>	<b>6:00 pm Alumni 7 on 7</b>

**Practices for 9th Grade:**

<b>Monday, July 26th</b>	<b>8:00 am - 9:30 am</b>
<b>Tuesday, July 27th</b>	<b>8:00 am - 9:30 am</b>
<b>Wednesday, July 28th</b>	<b>8:00 am - 9:30 am</b>
<b>Thursday, July 29th</b>	<b>8:00 am - 9:30 am</b>

**TEAM 130 - ELK RIVER FOOTBALL**



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### **Community Service**

Community Service is activities or events that players help out within our community, not team related activities, and must be approved by Coach Hamilton and a verification sheet must be turned in. Hours performed from end of last football season till the end of this years season will count for the current year. Varsity players will receive a helmet sticker for every **8** hours.

**Community Service Award - Given to the player with the most verified community service hours.**

**As a requirement to letter all varsity football players will need to perform 8 hours of community service.**

# **TEAM 130 - ELK RIVER FOOTBALL**



**2021 Spring Kick Off Meeting**  
**130<sup>th</sup> Year of Elks Football**

**OTHER IMPORTANT DATES**

- **Fertilizer Fundraiser – March 14 to 25th, pickup April 10**
- **Heggies Pizza Fundraiser – Starts May 31st, more info TBA**
- **Youth Camp – July 27, 28, 29, & 30 at 6:00 to 8:00 pm**
- **Golf Tournament Fundraiser – Friday Aug 6, 8:30 am start**
  
- **Registration Night – August 9th at 6:00 pm**
- **1<sup>st</sup> Day of Practice! - August 16th at 7:00 am**
- **Gold Card Sale – August 9th to 19th**
- **Gold Card Blitz Day - August 19th at 11:30-8:00 pm**

**TEAM 130 - ELK RIVER FOOTBALL**