**Lakeville North High School Football FAQ’s**

**1. How do I register for football?**

High School football registration runs through the district and doesn’t typically open until early July. COVID will likely push that back. We will have a link on our site as soon as it is open.

Youth Football runs through lakevillenorthfootball.com. It is not open yet, but will open once we are given the go ahead from the state to have football.

**The fee is $275 paid through the district website lnhspanthers.com**

***You MUST have a physical on file to register for fall football!!!!***

**2. What is summer practice?**

The MSHSL allows high school football teams to practice up to 11 times in the summer. We typically set aside 3 weeks of MWF near the end of July. This summer is a bit different due to COVID.

11th and 12th will practice at 10:15 - 11:45ish on July 17, 24, 27, 29, 31 and Aug. 3, 5, 7. We will also have practice on July 15 from 1:30 - 3pm and on July 20 and 22 from 10:45 - 12:15ish.

9th and 10 grade are currently working on their practice schedules.

9th grade will likely practice on July 17, 20, 22, 24, 27, 29, 31 and Aug. 3, 5, 7 from 11 - 12:30pm (workout following at Kenwood or North if it can be moved to there by then.) We will train and practice at the same site.

10th grade will likely practice those same dates, but at 10:15 - 11:45ish following their workout.

**The fee is $75 paid at lakevillenorthfootball.com**

**3. My son can train with ETS or with the team? What is ETS and what do you prefer?**

ETS is a private company here in Lakeville that trains most of the athletes at Lakeville North. Football has worked with them for 4 years. Our school has hired them to run our weight room year round. Athletes have the choice of training at the facility (you just become a member through ETS) or at our high school.

Becoming a member at ETS costs more money, but gets you year round access to their gym and personal training. You do not pay a fee to train with ETS in the summer if you are already a member from their gym.

If you are not a member then you pay $160 to have ETS come to us and train you with the team in the summer.

Typically our team trains together and ETS comes to us 3 days a week in the summer whether you are a member or not. Members just don’t pay twice. This summer is unique and we have told athletes to train at the ETS facility if they are members to keep our numbers lower for COVID regulations.

Once we are in season we train as a team at the school with an ETS trainer 2 days a week for 45 min. - 1 hour.

ETS link - <https://www.etsperformance.com/south-metro>

**4. What are the shorts and t-shirt pack you are requesting we purchase?**

We want our athletes to train as a team and to do that we want to look like a team. We train in this outfit all season long. Most of our practices are in shorts instead of football pants so this gives the athletes another set of shorts to practice in. Each shirt has one of 8 words on the back. They are the pillars of our program.

Tenacity

Relentless

Resilient

Respect

Desire

Legacy

Loyalty

Character

Once we are in season we will group based on these teams for warm-ups. Typically in the summer when we all train together these teams create accountability partners and become part of our Toughman Challenge. Most importantly our athletes grow up seeing these words and learning what they mean.

**The cost for the shorts and t-shirt is $50 - We buy them for just over $49. We sell these at cost**

**5. What does my son need for summer practice?**

Cleats, shorts, water, girdle (padded compression shorts - hip, butt, and thigh). We will check out helmets, shoulder pads, and a mouth guard to all athletes.

We DO NOT have access to lockers so we recommend the players bring their tennis shoes separate for workouts?

**6. My son rides his bike to practice. How should he get his gear to and from?**

Wear them. It will make the bike ride safer.

**7. What is Touchdown club?**

This is a way to support the football team if you are able. The fee is $100 and you get a TD Club spring jacket that cannot be purchased any other way. This is not mandatory! If you choose to be in the TD club we print your name in our game program as a member.

**The fee for TD club is $100**

**8. What do all these fees go to?**

Our district covers the cost of helmet reconditioning and some purchasing. The fees cover everything else.

Footballs - leather and composite for rainy days.

Uniforms - We have Riddell uniforms to save on cost, but they are $85 each and we order 1-99 so we can suit up sophomores for the playoffs.

Pants - We buy stock pants from Riddell and they are $35 - $55 per pair (we need 100 to outfit the team)

Belts for the uniforms and practice

Practice Jerseys

Knee Pads

Helmet Straps

Helmet replacement kits

Whistles

Tees

Pads for practice

Blocking sleds

Tackling Rings

Cones

Helmet Decals

Gift for seniors at the banquet (shutterfly book)

Highlight film creation

Coaches - Next FAQ explains

Field usage fees for summer - $13 per athlete district fee

Youth Football:

Helmets, Shoulder pads, uniforms, balls, whistles, cones, tackling pads, field usage fees, referees, end of season team party, coaches hat and polo, stocking hat for each player.

**9. How many coaches do you have? 21**

Varsity - 10 (OC - QB’s, RB, WR, OL, H-backs/TE, DC, LB, Safeties, Corners, DL)

JV - 4 of the Varsity coaches also coach in the JV games on Saturday AM.

10th Grade - 5 (OC - QB’s, OL, O-backs, DL/LB, DB)

10B - Same guys

*10th grade coaches also assist for the varsity games in the box or in a different role*

9th Grade - 5 (OC - QB’s, OL, O-backs, DL/LB, DB)

9B - Same guys

Film Coordinator - 1 (Films or coordinates every game 9-12th grade and uploads to hudl.)

6 of these are booster paid positions.

If we make the playoffs the district offers a post season stipend but does not include the 10th grade staff that stays on or any of the booster coaches at the varsity level. A typical 10-12th grade coach will work 25 - 35 hours per week for 12 - 15 weeks for $4200. (before taxes $8 - $14 per hour, after taxes $5 - $9). These coaches do it because they love it.