

The Point After II

THE OFFICIAL PUBLICATION OF THE WISCONSIN FOOTBALL COACHES ASSOCIATION, VOL. 31, No.3, SPRING 2024



FOOTBALL EDUCATION



NEW FRIENDS



MEMORIES



OLD FRIENDS

Photos by Jerry Golembiewski

**REGISTER NOW FOR THE WFCAS SPRING FOOTBALL CLINIC
APRIL 4-6, 2024 - AT THE MARRIOTT IN MIDDLETON**

Editor: Tom Swittel • swittelt@gmail.com • 414-315-1131

WFCAS Executive Director: Dan Brunner • brunnerd@wifca.org • 414-429-3139

Assistant Editor/Executive Assistant: Charna Kelsey • PO Box 8, Poynette, WI 53955 • office@wifca.org • 608-635-7318

www.wifca.org

Designer for the Pros for 100 Years

SAND KNIT



1921 - 2021

We've Been with You the Entire Way!



Ripon Athletic



*Athletes & Coaches,
Thank You for All of Your
Dedication and Hard Work.
Good Luck in Today's Game!*



Proud to Support **Wisconsin Football Coaches Association** & **Children's Wisconsin**

WWW.RIPONATHLETIC.COM

1-844-697-4766





TABLE OF CONTENTS

WFOA BUSINESS

DAN BRUNNER , WFOA Executive Director <i>From the Executive Director</i>	2
BRIAN KAMINSKI , WFOA President, Head Coach, Sun Prairie East HS, <i>From the President</i>	4
TOM SWITTEL , Editor, WFOA Director of Communications and Corporate Sponsors, <i>From the Editor</i>	6
JOHN HOCH , Hall of Fame Chairman, <i>From the Hall of Fame Chairman</i>	8
DON KENDZIOR , 8-Player League Chairman, <i>Playoff Expansion – 8-Player Football in Wisconsin</i>	14
2023 WIAA FOOTBALL ADVISORY COMMITTEE <i>Meeting Minutes of Tuesday, November 28, 2023</i>	16
2024 WFOA FOOTBALL CLINIC SCHEDULE	20
2024 WFOA ELECTIONS	22

OFFENSE

JOE MATHESON , Offensive Coordinator, UW-River Falls <i>Coaching the Tight End Position</i>	24
MICHAEL MCGUIRE , Offensive Coordinator, UW-La Crosse <i>UW-La Crosse Game Planning</i>	26
TAREK YAEGGI , Offensive Coordinator, UW-Stout <i>Calendar Year of Developing a Quarterback</i>	28
ROBBIE SMALZ , Assistant Football Coach, Colby HS <i>Small Linemen? Two Drills When Quickness Counts</i>	32
DAVID MENK , O-Line Coach, Milwaukee Riverside Univ. HS <i>Offensive Line Play</i>	32
TOM YASHINSKY , Head Football Coach, Onalaska HS <i>Multiple & Explosive Offense: Disguising Your Base Plays</i>	34
TRACY MALONE , QB Coach, Rockmart HS, Rockmart, GA <i>Pre-Snap RPOS from A-Z</i>	36

DEFENSE

PAT SHEEHAN , Line Backers, Coach, UW-Platteville <i>Four Common LB Drills at UW-Platteville</i>	38
DAN BAUDER , Defensive Coordinator, UW-Platteville <i>Press & Catch Man Technique: How, Why & When</i>	38
ANDREW SELGRAD , Head Football Coach, Columbus HS <i>Why We Are A 3-4 Defense at Columbus</i>	42
RYAN STEFANIAK , Defensive Coordinator, Catholic Memorial <i>The Pursuit Drill</i>	44

SPECIAL TEAMS

TOM YASHINSKY , Head Football Coach, Onalaska HS <i>Kickoff Strategies</i>	46
RYAN KARSTEN , Head Football Coach, Siren HS <i>Blocking Punts</i>	50
NICK FILIPIAK , Special Teams Coordinator, Hudson HS <i>A Systematic Approach to Special Teams</i>	52

GENERAL

CRAIG BIWER , MS, CSCS, ACSM-EPC, UW-Oshkosh <i>Is it Time for an Off-Season Upgrade?</i>	56
RYAN MUNZ , Head Football Coach, UW-Platteville <i>Pre-Season Camp Install Philosophy</i>	57
TROY INGLI , Assistant Football Coach, Pepin-Alma HS <i>Standout Student-Athlete Perseveres through Diabetes Diagnosis</i>	58
KEVIN WOPAT , AD & Head Football Coach, Lourdes Academy <i>Interactions with Officials</i>	61
CHAD MICHALKIEWICZ , Head Football Coach, Kimberly <i>Leadership from All Angles</i>	61
GENERAL LIABILITY INSURANCE PROGRAM , <i>A Benefit of WFOA Membership</i>	62

Executive Director, Dan Brunner



Dan Brunner

I hope this issue of *The Point After II* finds you enjoying the off season! The WFCa Clinic and Combine are right around the corner. They mark the start of the new season ahead! This is a great time of the year.

ALL-STATE BANQUET

The All-State Banquet was held at Lambeau Field's Atrium on Sunday, February 4th. The Green Bay Packers treated the players, their families and guests to complimentary HOF passes and guided stadium and locker room tours on Saturday night. Special thanks to Danny Mock from the Packers for making this a great experience for all attendees. The banquet, emceed by HOF coach, Dave Keel, honors our All-State Team, All-Star Game Head Coaches, College Coaches of the Year, **Matt Janus and Andrew McGlenn**, UW-La Crosse, along with **Dan McCarty**, St Norbert College. We also honor the college Players of the Year, in addition to the WFCa/GB Packer HS Head

Coach of the Year, **Matt Hensler**, Badger and the WFCa Assistant Coach of the Year, **James Becker**, Marquette. The highlight of the banquet is recognizing the 8-player, as well as, the large and small school All-State teams. Special thanks to our new All-State Banquet Chairman, Tony Biolo and his wife, Traci, along with Jerry & Kathleen Golembiewski, Charma Kelsey and the other WFCa Exec Board members for their efforts to make this the finest banquet of its kind anywhere. This was one of the largest banquets, to date, with over 650 attendees!

WFCa CLINIC

Please remember to set aside April 4, 5 & 6, 2024 for our Annual Gathering in Madison! This year's Clinic will feature Tim Polasek, North Dakota State HC, and his staff on Thursday. NDSU is the preseason #1 ranked team in the FCS! Friday will feature the Badger Coaching Staff, led by HC, Luke Fickell! NIU Camelia Bowl Champ HC, Thomas Hammock, along with our State Championship coaches, WIAC programs, as well as Outstanding Out of State HS Coaches, highlight Friday. We are thrilled to feature the tradition of **BADGER PRACTICE ON SATURDAY AM!** Coaches will be allowed on the field as the Badger coaches conduct an extended Indy Session! On-line Membership Renewal is required prior to the clinic! Go to our website at www.wifca.org to register. Take advantage of discounted staff rates! **CLINIC REGISTRATION IS INCLUDED IN YOUR MEMBERSHIP!** WFCa Membership is the Greatest Deal in the Nation! If you take advantage of the Group Membership

Rate, You get all the benefits (\$2 million liability insurance, Badger tickets, Clinic, Awards, Grant program, Scholarships, and so much more) for less than \$45!!!

WFCa MENTOR MANUAL

WFCa HOF member and Past President, Bill Collar, along with a select group of current and past WFCa coaches have revised and updated the WFCa Mentoring Manual. It is the finest of its kind anywhere. It is a valuable resource for coaches at all levels. We will be giving them out to clinic attendees for free. Future sales of copies will have 100% of the proceeds go toward the Bill Collar Lineman's Scholarship Fund.

NHSACA HOF INDUCTEES

A special congratulations to **Tom Swittel** and **Joe LaBuda**. They are both being inducted into the **National High School Athletic Coaches Association, Hall of Fame** in June! Congrats Tom & Joe.

CONCLUSION

The WFCa continues to be the finest Coaches Association in the Nation. That is because of the proactive thinking and actions of our membership. We are always looking at what is best for the improvement for the sport of football. I look forward to seeing old friends and making new ones on April 4, 5 & 6, 2024. Remember to visit the Vendor Room and talk to the vendors about all the products they bring to our sport, equipment and products we use in our craft. The latest and greatest in uniform technology, headsets, practice and weight room equipment, awards, fundraising and so much more. You will find eager professionals with clinic deals, prizes and much more. See you at the Clinic!

THANK YOU TO OUR WFCa CORPORATE SPONSORS WHO SO GENEROUSLY SUPPORT FOOTBALL IN WISCONSIN.



BSN SPORTS



SUPPORT THEM BY USING THEIR PRODUCTS AND SERVICES WHENEVER POSSIBLE.

Elegance & Class



The Marriott Madison West delivers only the highest level of hospitality in food, beverage, service and accommodations.

- Over 50,000 square feet of exceptional meeting space
- Complimentary valet service and free parking
- Convenient location, only minutes from downtown Madison and the Dane County Regional Airport
- 10 story garden atrium and indoor waterfall
- Fitness center, soothing indoor saline pool, business center, concierge plaza and the sought-after rewards program by Marriott
- Surrounded by many unique attractions including all of the shops and restaurants located at Greenway Station, adjacent to the hotel

Marriott
MADISON WEST

1313 John Q. Hammons Drive
Middleton, WI 53562
608-831-2000
Marriott.com/msnwe



President, Brian Kaminski



Brian Kaminski

Wow!! Where did the time go? We are fast approaching another football season. I really believe that football sets the tone for the school year. I really hate getting asked the question what are you doing with all of your free time now? We all know that football coaching is a year round 24/7 job. Regardless if we had a great season or a bad one. We are always trying to improve our program as well as building that lifetime relationship with our players.

We are all very busy but I find that football coaches are always willing to help each other grow. We are constantly reaching out to each other to find how we can implement something

that has worked somewhere else and tweak it to make it our own. Maybe you go to a college program, sit down with a local high school coach, look at things online, meet with your own staff, or attend clinics. We have a variety of ways to help each other!!

WFCa CLINIC

The WFCa State clinic will be here before we know it. The clinic is April 4th-6th in Madison. This truly is the best clinic in the country. We have some of the best speakers in the entire country lined up thanks to Dan Brunner and Bob Berezowitz. We have a great opportunity to join together as high school football coaches and learn from one another. We also have the best vendors I have ever seen at a clinic. I know it's a great opportunity to stay ahead of the game and purchase things that will help your program. Remember to take advantage of the staff rates for the clinic.

ALL-STATE AND ALL-STAR GAME

The All-State banquet at Lambeau Field was another great event. Thanks to Dan and Kathie Brunner, Jerry and Kathleen Golembiewski, Tony and Traci Biolo. What an event put on by the WFCa. The players and families get to come into town Saturday night and go to the Packers Hall of Fame and get a stadium tour. Then the banquet takes place on Sunday. We have the best emcee around in Dave Keel. The

banquet was the most well attended banquet we have ever had. This event, like all the events hosted by the WFCa, is the very best of it's kind anywhere.

The WFCa All-Star staff's and teams have been selected thanks to the leadership of Doug Sarver. The players have a memorable week wrapped up with the game July 19th and 20th. However, the best part of the experience is being able to partner with Children's Wisconsin and raise money to help them continue to have a lasting impact on our state. This can't be done without your support!! Please help those players and coaches out by contributing to their fundraising efforts and let's make this the best event ever!!

WFCa COMBINE

The combine is set for April 27th. It will once again be hosted by NX Level Sports and Brad Arnett. If players want to sign up they can go to the WFCa website and sign up there. This is the best combine in the entire midwest. We have college coaches from the FCS, Division 2 and 3, and NAIA levels. I have seen multiple athletes leave the combine with offers to play at the next level. This is a great opportunity for your players to showcase their skills in front of multiple coaches. We are in need of high school coaches to help record the results at the combine. If you want to help out please contact Tony Biolo or Brian Kaminski

JOIN THE WFCa TODAY

TO TAKE ADVANTAGE OF THESE BENEFITS:

- \$2,000,000.00 LIABILITY INSURANCE POLICY (details on page 63)
- Eligibility to participate in the WFCa Grant Program
- Complimentary admission to the Spring Football Clinic
- Three issues of *The Point After II* newsletter
- All-Star games, nomination rights and free attendance
- All-State nomination rights
- Scholarship nomination rights
- Hall of Fame nomination rights
- All-State Championship rings
- Annual awards and recognition including Regional and State Coaches of the Year.
- WFCa membership enhances professional growth and gives you the opportunity to contribute to the improvement of your profession
- A professional network of new contacts, a line of communication and a forum for the exchange of ideas and information within your profession.
- www.wifca.org, our professional website with the latest information about football in Wisconsin which provides unlimited resources to meet the needs of member coaches.
- 2 Badger tickets to home football games



REMEMBER TO RENEW YOUR MEMBERSHIP AND REGISTER FOR THE CLINIC

REGISTRATION ON LINE AT WWW.WIFCA.ORG

COACHCOMM
COBALT
PLUS

COMMUNICATION WITHOUT COMPROMISE

PROUD SPONSOR



**WINNING TEAMS AT EVERY
LEVEL TRUST COACHCOMM.**

ALL-IN-ONE **NEW!**
A1 WIRELESS HEADSET

- Lightest, best-fitting All-in-One headset
- No setup required & easy to use
- No cord!
- Superior sound quality with intelligent noise cancellation
- Up to six customizable channels with unlimited users
- No basestation
- Durable weather-resistant construction
- Mix-and-match All-In-One with traditional Cobalt PLUS beltpacks and player receivers
- Revolutionary Drop-In Wireless Headset Charger available



SMARTBOOM® PRO
ON/OFF OPERATION
with ambidextrous design
(left or right side boom)



CALL TODAY OR VISIT OUR WEBSITE FOR MORE INFO

CoachComm

800.749.2761
WWW.COACHCOMM.COM



Editor, Director of Communications and Corporate Sponsors, Tom Swittel



Tom Swittel

One of my favorite weekends of the year is coming up. The WFCAs Spring Clinic, April 4 – 6. This is the biggest celebration of football I know of. The WFCAs Spring Clinic is the largest football only clinic in the United States. Approximately three thousand coaches will be in Middleton to share ideas, renew friendships, and have some fun. I look forward to seeing my coaching friends from around the state, many of whom I only have the opportunity to see at the Clinic yearly. Head coaches, please take advantage of the staff rates and get your coaching staffs signed up for the Clinic.

There are several items/events that I'd like to mention. The first is the WFCAs Combine scheduled for Saturday, April 27, at NX Level in Waukesha. This is a great opportunity for current juniors and sophomores to showcase their talents for college coaches. Typically, approximately 100 college coaches attend the Combine, including coaches from FCS, D2, and D3 schools. Combine results are posted on the WFCAs and WSN websites. Athletes attending the Combine can opt to purchase a WFCAs Player Profile through Epoch Recruiting. The WFCAs Player Profile is an online resume that can be a basis for the athlete's college recruiting. The WFCAs Player Profile includes: official WFCAs Combine results

and rankings based on those results, official height and weights measured at the Combine, player contact information, parent names, high school coach's name and contact information, video highlight link, transcript, player stats, awards and honors, and an "About Me" narrative written by the player. The cost of the Combine is \$60 and the cost of the Combine and WFCAs Profile is \$170. Paying \$110 for the Player Profile is a very affordable recruiting tool option when compared to other recruiting services out there. College coaches trust the fact that Brad Arnett and his staff at NX Level are the ones testing participants. This lends credibility and there is no question the results are authentic. Coaches, please encourage your players to take advantage of the WFCAs Combine and the WFCAs Player Profile. At the time of this writing, we are approaching 500 participants who have already signed up. The Combine is filling up fast.

The WFCAs Grant will once again be rolled out at the Clinic. As a reminder, the purpose of the WFCAs Grant is to supplement high school football budgets beyond what a typical Grant will cover. Remember, basic equipment needs such as helmets, shoulder pads, uniforms, coaches' salaries, etc., are not a part of the Grant. These items are covered, or should be, in a typical football budget. The emphasis for the

WFCAs Grant is player safety and injury prevention outside of normal equipment. Requests that fall into these categories will carry the most weight. Grants will be for up to \$3,000, but grants smaller than that will be considered. Up to \$50,000 has been set aside by the WFCAs for the Grants this year. All Grant applications will be online. Applications can be filled out after the Clinic. Please plan on attending the WFCAs Business Meeting at the Clinic for specific WFCAs Grant information. The WFCAs has awarded \$214,279 to the 92 schools that have been awarded a WFCAs Grant during its first three years.

Lastly, season two of the WFCAs Podcast began on November 1st. The WFCAs Podcast has covered many different topics in detail during seasons 1 and 2. Auto Seeding, the Competitive Balance Plan, and the Tournament Performance Factor are just a sampling of the subjects that have been discussed on the WFCAs Podcast. A WFCAs Podcast drops every two weeks or so. Please join me and my co-hosts, Paul Nievinski and Tom Yashinsky, as we delve into areas that should interest football coaches in our state. There is a link to the WFCAs Podcast on the WFCAs website.

I look forward to seeing all of you at the Spring Clinic. Thank you for your support of the WFCAs. Please feel free to contact me at: swittelt@gmail.com or (414) 315-1131 with any thoughts or suggestions you may have.



PLAYER COMBINE PROFILES

SIGN UP AT
EPOCHRECRUITINGWI.COM

 @WIFCA
@EPOCHRECRUITING



HIGHLY ENDORSED BY D1, D2 & D3 RECRUITERS

**PREMIER SOURCE FOR HELPING THE RECRUITING
PROCESS FOR COMBINE PARTICIPANTS.
PROFILES BUILT AROUND REQUESTED
INFORMATION DIRECTLY FROM RECRUITERS**

PROFILES INCLUDE

- **WFCAs OFFICIAL COMBINE RESULTS**
- **VIDEO HIGHLIGHTS**
- **COMBINE RANKINGS**
- **SECURE CONTACT/TRANSCRIPT
INFORMATION FOR RECRUITERS**
- **AND MORE!**

Doing more for kids.

Thanks to you.

For more than 125 years, we've been there for the kids and families of Wisconsin — and you've been there with us.

Now, we're doing more for kids in more places than you could ever imagine.

- Launching a \$150 million initiative to improve the mental and behavioral health of kids
- Providing foster care and adoption services that help 9,000 kids annually find safe and loving homes
- Identifying the link between vaping and serious lung disease in teenagers — the first health system in the country to do so
- Giving the kids of our community the highest quality care available anywhere in the world — right here in Wisconsin

These are just a few examples of why we've evolved our name to reflect our commitment to giving kids and families what they need to grow and thrive.

As always, we are grateful for all the generous families, champions and donors who believe, like we do, that kids deserve the best.

Thank you to the Wisconsin Football Coaches Association for your partnership and for helping us help kids.



Kids deserve the best.

childrenswi.org



Hall of Fame Chairman, John Hoch



John Hoch

The WFCAs Staff and especially Charna Kelsey are working hard to complete the planning for the annual spring clinic. Bob Berzowitz and Dan Brunner have a great lineup of speakers and events scheduled. On Saturday the HOF Banquet brings the clinic to a close where we will be honoring individuals who have contributed a lot to this great game of football.

The Hall of Fame banquet is scheduled for Saturday, April 6th, 2024 at the Marriott West in Middleton. The reception begins at 4:30 pm with the banquet beginning at 5:30 pm. The tickets are \$50.00 each. If interested please make your check payable to the Wisconsin Football Coaches Association and send it to WFCAs, PO Box 8, Poynette, WI 53955. Make a note in the memo line to indicate which honoree you are attending on behalf of. This helps us with seating at the banquet. If you prefer you may purchase tickets online <https://www.wifca.org/page/show/492469-hall-of-fame-banquet>. There are still tickets available.

An Memoriam

RON DAVIES

February 18, 2024

Ronald Edward Davies of Milwaukee, passed away on February 18, 2024, with his wife and daughter at his side. As a teacher and high school football coach from the 1970s through the 2010s, he mentored and befriended numerous colleagues, players, coaches and their families.

Born in Grand Forks, ND, he spent his early years in St. Paul, N, before moving to Milwaukee, WI in eighth grade. He graduated from Messmer High School in 1960 and played football for St. Thomas and St. Norbert Colleges, graduating in 1965 with a Bachelor's degree in business administration. He played semi-pro football for the Manitowoc Chiefs and West Allis Spartans, and coached as an assistant at

As members of the Hall of Fame, you are invited to be our guest at the Hall of Fame Luncheon where past HOF members and spouses can get together to reminisce about the old days while enjoying a great meal. The luncheon is Friday, April 5th at the Spring Football Clinic at 12:00 noon. Duane Rogatski will be the MC. We will have the slide show of HOF members (early in your career and a recent photo) at the end of the meal. If you need to submit photos please feel free to email them to me here at johnhoch44@gmail.com.

I want to personally thank everyone who has donated \$100 to the HOF Scholarship Fund. I also want to give a special thank you to Jerry Golembewski on his fund raising efforts, without Jerry we would not be able to reach our goal of providing every one of the scholarship recipients a \$1,000 scholarship. You can make a donation for 2024 scholarship fund by sending your donation into the WFCAs Office, PO Box 8, Poynette, WI 53955 or go online to <https://www.wifca.org/page/show/492506> to make your donation with a credit card. You can see this year's WFCAs Hall of Fame Scholarship recipients on page 12 of this publication. We are proud to be giving 24 scholarships this year.

As always every year we find ourselves mourning the loss of some of the great individuals who have dedicated themselves to making football great in Wisconsin. Old friends with whom we have shared so many great times. We have included a snippet of their career here in the memorial. Please keep them and their families in your prayers. We look forward to seeing all of you again this year in Madison.

Milwaukee Messmer and Kenosha Tremper High Schools before enrolling at the University of Wisconsin-Whitewater and earning a Master of Arts in teaching in 1972.

He joined the Kenosha Tremper High School faculty in the fall of 1972 as a business education teacher and assistant football coach, and took over as head football coach in 1974.

As head coach, Ron led the Tremper varsity football team to five State Championship games, and won State in 1979, 1980, and 1991. He formed strong bonds with his players and coaches, prioritizing responsibility and teamwork. He retired from coaching at Tremper in 1992 and from teaching in 2000. In 2002 he came out of retirement to help rebuild the Milwaukee Shorewood-Messmer football program, and was head



WFCAs HALL OF FAME CLASS OF 2024

Tom Chase, *Weyauwega-Fremont HS
Ripon College/Randolph HS*

John Dixon, *UW-Platteville/Park Falls,
Manitowoc Lincoln HS*

Tim Eastlick, *River Valley HS*

Nelson Edmonds, *UW-Whitewater
University of Dubuque/Northern MIU*

Paul Feldhausen, *Official*

John Galewski, *South Milwaukee HS*

Steve Jorgensen *Oshkosh N/Kimberly HS*

Mike Minick, *DeForest HS*

Tom Noennig, *Hartford/Mayville HS*

Dave Rusch, *Waukesha South/Westby
Hartford Union HS*

Tim Simon, *Middleton HS*

Patrick Wagner, *Milwaukee Riverside HS*

DAVE McCLAIN Distinguished Service Award

Jay Benish, *Oconomowoc HS*

Nick Skretta, *Jefferson HS*

MARGE & DICK RUNDLE Positive Influence of Coaching Award

Jeff Wallak, *St. Francis HS*

NHSACA HALL OF FAME

Joe LaBuda, *Menomonie HS*

Tom Swittel, *Whitefish Bay/Dominican
Wauwatosa East/Brookfield East
Milwaukee Tech. HS*

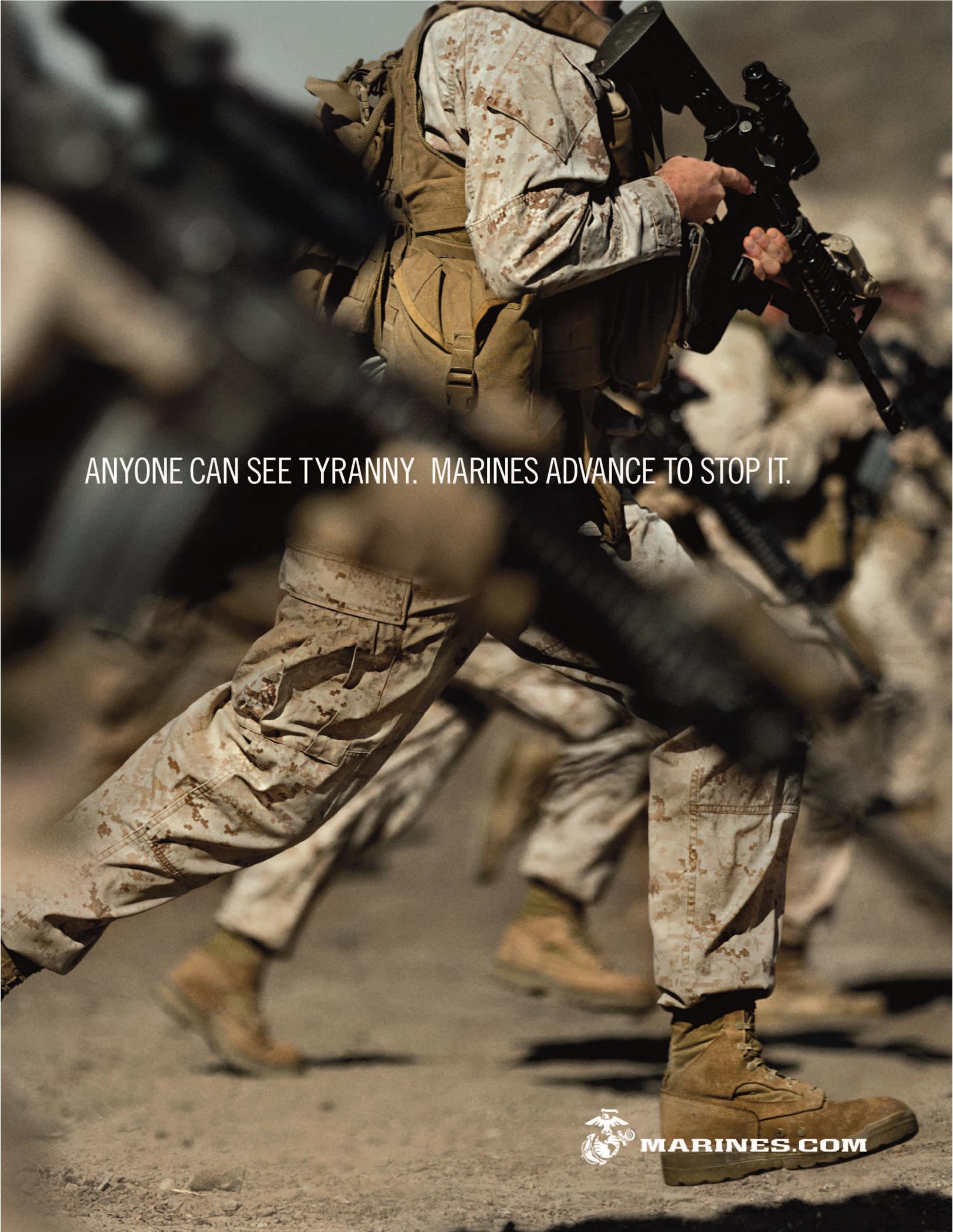
This Year's Hall of Fame Banquet

Saturday April 6, 2024

TICKETS - \$50

*Tickets available on line at www.wifca.org
or by sending your check to:*

WFCAs, PO Box 8, Poynette, WI 53955



ANYONE CAN SEE TYRANNY. MARINES ADVANCE TO STOP IT.



MARINES.COM

coach through 2007. He also returned to teaching at Messmer part-time as a business education and theology instructor from 2002 -2012.

JIM KINDER

December 2, 1946 - December 28, 2023

James Allen Kinder, age 77, passed away on December 28, from Parkinson's disease and dementia at the Riverwood Senior Living Center in Wisconsin Dells.

Jim was born on December 2, 1946 in Madison, WI. He graduated from Madison Central High School in 1965. There he was an outstanding football and basketball player under coaches and mentors John Olson and Bob Harris. He attended Iowa State University on a football scholarship. He received his bachelor's degree from the University of Wisconsin-Madison and his master's degree from UW-Platteville. He spent his 30-year career doing what he loved – teaching and coaching. He started at Madison Memorial High School coaching freshman football and at Holy Name High School working with their football, basketball, and track programs. At Pecatonica Area High School, he coached football and basketball, starting in 1973. At UW-Platteville he coached track, tennis, and served as defensive coordinator for the Pioneer football team. After the sudden death of George Chryst in 1992, he was appointed head football coach. He spent a year at Gustavus Adolphus College as defensive coordinator and finished his career as athletic director at LaFollette High School in Madison. Jim's contributions to coaching were recognized when he was inducted into the Wisconsin Football Coaches Hall of Fame and the Pecatonica Athletic Hall of Fame.

ED KRCMAR

May 9, 1945 - January 20, 2024

Edward Duane Krcmar, 78, passed away unexpectedly of a stroke on Saturday, January 20. He was born in Wisconsin Rapids on May 9, 1945, to Frank and Marjorie (Rowe) Krcmar. He married Joanne (Meier) Krcmar on June 7, 1969, and they happily shared 54 years together. He was a proud and involved father to his three children and seven grandchildren.

Ed was a 1963 graduate of Alexander High School in Nekoosa, where he was an honor student, class president, and played football, baseball, and basketball, earning 13 varsity letters (including two in football his senior year). He was drafted by Major League Baseball but decided to attend UW-Eau Claire and play football and

baseball instead. As a freshman in the fall '63, he played running back and defensive back on the undefeated Blugold Conference Championship team. He graduated in 1967 with a bachelor's degree in mathematics and earned his master's in physical education from UW-La Crosse in 1971.

Ed's passion for coaching football started as a graduate assistant at UW-Eau Claire. He then coached at Eau Claire North, UW-La Crosse, Grantsburg, and 41 years at Ashwaubenon High School (12 as head coach). He was inducted into the Wisconsin Football Coaches Association Hall of Fame in 2008.

ED RUX

June 28, 1937- January 15, 2024

It is with heavy hearts that we announce the peaceful passing of Edward Rux on the morning of January 15, 2024. Ed was an impactful figure in the Oconomowoc community, a loving husband, father, and grandfather

Ed was born on June 28, 1937, to Josephine and Clayton in Potosi, Wisconsin. After Ed graduated from Lancaster High School in 1955 where he was a talented three-sport athlete, he went on to study history at UW-La Crosse for two years where he competed in the sport of football. He then finished his Bachelor's Degree in History at UW-Platteville where he continued to compete on the gridiron. In 1959 Ed began his teaching and coaching career in Waukesha before moving to Oconomowoc High School in 1964 where he was a history teacher and offensive line coach. In 1967 he earned a Master's Degree in Education from UW-Whitewater and he assumed the position of Head Football Coach at OHS. As Head Football Coach, he would serve for the next 32 years, during which time he established OHS Football as one of the elite programs in the state of Wisconsin. During his tenure, the Raccoons would amass 216 wins, 10 Conference championships, and a State Final appearance in 1987 in Division I.

Due to his lifelong coaching accomplishments, he was inducted in the Wisconsin Coaches Association Hall of Fame in 1999. In 2014 the Oconomowoc community paid tribute to Ed's lasting legacy by honoring him with the naming of the football stadium as 'Ed Rux Stadium.'

Ed's impact on the Oconomowoc High School community transcended mere wins and losses on the football field. Through his passion for teaching and coaching he touched the lives of hundreds of students and athletes. He was deeply

committed to the development of character among young people, fostering camaraderie among his teams, and instilling strong discipline. He loved his students and players and built friendships with many that would last a lifetime.

TOM TARASKA

January 3 1952 - October 15, 2023

Tom "Coach T" Taraska, Age 71, passed away unexpectedly on Sunday, October 15, 2023. He was born on January 3, 1952, to Thomas and Elizabeth Taraska (Zorn), both deceased.

Tom was a beloved husband to Sue Anne Taraska (Negendank) for 41 years. He is survived by his brother, James Tennis, two nephews, Abraham Tennis and Jordan Tennis, mother-in-law Loraine Negendank, brother-in-law Scott (Sandy) Negendank, sister-in-law Patti (John) McCool, and two nieces Amy Ewy (Matt) and Kelly Martin (Nicholaus). Tom was preceded in death by his brother Raymond Taraska.

Tom was a graduate of West Allis Hale High School where he participated in football and track. He received his BS in Education from UW-Oshkosh and his MS in Education from UW-Whitewater. He was a member of the UW-Oshkosh football team and earned four varsity letters between 1971-1975. He was part of the WIAC Championship team in 1972.

Tom had a passion for coaching football and enjoyed teaching young adults. He was a strong role model and mentor to many of his athletes and students. Tom began his career at Franklin High School as a head football coach and physical education teacher.

Tom continued his teaching and coaching career at Arrowhead High School from 1982 to 2010. As head coach, his teams achieved four WIAA Division I state championships (1993, 1994, 1996, and 2007), and five WIAA Division I state runners-up (2000, 2002, 2003, 2006, and 2008). His overall record was 265-96. Throughout his high school football coaching career, he was a three-time Milwaukee Journal Sentinel Area Coach of the Year (1993, 2002, and 2007) and Associated Press State High School Coach of the Year (2007).

Tom was inducted into the Wisconsin Football Coaches Hall of Fame (2004) and UW-Oshkosh Athletic Hall of Fame (2008). In addition, he also earned the UW-Oshkosh Distinguished Alumni Award (2011), the Russ Young Leadership and Achievement Award (2013) and was inducted into the National High School Athletic Coaches Hall of Fame in 2021.



Contact the WFCOA office at:

Phone: 608-635-7318

Email: office@wifca.org

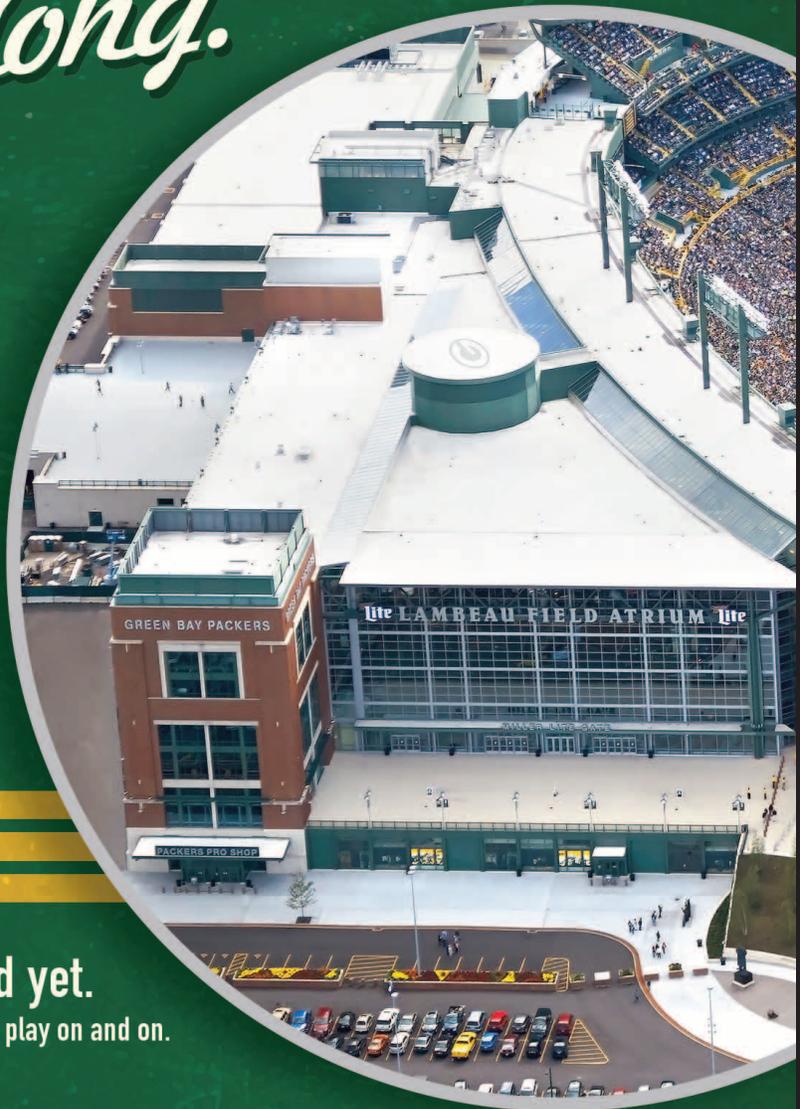
PO Box 8 • Poynette, WI 53955

OFFICE HOURS

8:00 - 4:00, Monday - Thursday

8:00-12:00 p.m. on Friday

*Packers strong
all year long.*



Visit the most legendary Lambeau Field yet.

With ongoing tours, events, shopping and dining, your passion can play on and on.

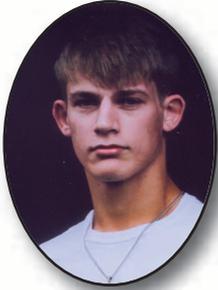
1919 KITCHEN & TAP • PACKERS PRO SHOP • HALL OF FAME • STADIUM TOURS • BOOK AN EVENT



Remember to visit the Wisconsin Football Hall of Fame located in the Lambeau Field Atrium.

packers.com

2023-24 WFCA HALL OF FAME SCHOLARSHIP RECIPIENTS



Mason Baumgartner
Prairie du Chien HS



Samuel Cropp
Bangor HS



Dawson Farra
Pewaukee HS



Dan Cemig
Whitnall HS



Ty Hegarty
New Berlin West HS



Malachi Hulse
Manitowoc Lutheran HS



Abby Kaminski
Sun Prairie East HS



Drew Kavanaugh
Sun Prairie East HS



Aiden Krause
Muskego HS



Ashton Krause
Muskego HS



Braydon Lockington
Melrose Mindoro HS



Blake Matthys
Brodhead HS



Matthew Nies
River Ridge HS



Evan Olson
Pepin HS



Eli Prokop
St. Croix Falls HS



Wynne Siegert
Potosi HS



Teegan Streit
Edgar HS



Jack Sulik
Burlington HS



Lillie Taylor
Suring HS



Luke Turkington
Baraboo HS



Ryan Veenendall
Baldwin-Woodville HS



Jack Wellhoefer
Omro HS



Cartyr Stumlin
Melrose-Mindoro HS
Kuhrasch Scholarship

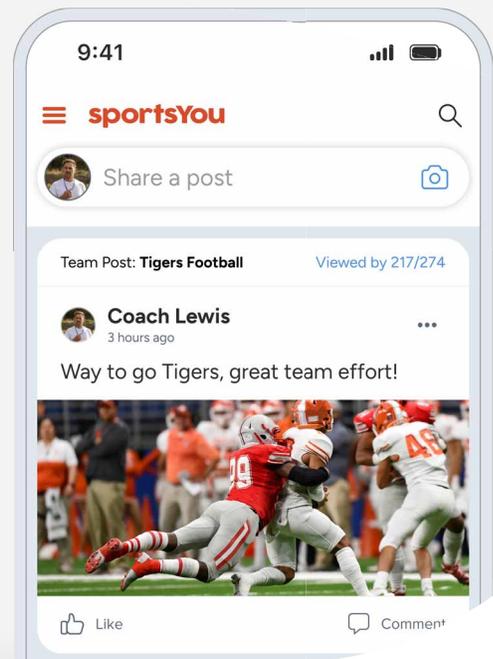


Jason Weaver
Cambria-Friesland HS
*Bill Collar Lineman's
Scholarship*



How to Get Your Team/Group Started

Let's get started – it only takes 60 seconds.



1

Create an Account

Download the sportsYou app and use your email or phone number to set up a new account.

2

Set Up Your Team

Tap the blue + button to create your first team. Customize your team profile, and add your games and practices to the calendar.

3

Add Your Members

Share your team access code with players, fellow coaches, and family members to get them connected.

For additional help with getting your department started, visit our [help center](#) or schedule a [brief onboarding session](#) with a sportsYou representative.



Get started for free online or on the app store!
www.sportsyou.com



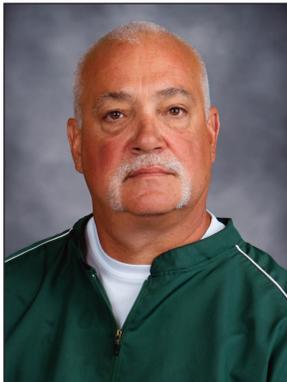
100% American Owned

2023 CONTRIBUTIONS TO THE WFCA HALL OF FAME SCHOLARSHIP FUND.

Lee Ackley	\$100.00	Jack Curtis	\$100.00	Richard Jones	\$100.00	Brad Nemec	\$100.00
Michael Anderson	\$100.00	Ron Davies	\$100.00	Randall Keister	\$100.00	Keith O'Donnell	\$100.00
Peter Baganz	\$100.00	<i>In Memory of Frank Matrise, Jr.</i>		Terry Kelly	\$100.00	Dan Pedersen	\$100.00
Donald Bark (memorial)	\$100.00	Ed DeGeorge	\$100.00	Robert Knight	\$100.00	John Phelps	\$100.00
Michael Bartholomew	\$100.00	Tony DiSalvo	\$100.00	Gary Kolpin	\$100.00	Bob Prah	\$100.00
Michael Bartholomew	\$100.00	Mike Dressler	\$100.00	Andy Kotelnicki	\$1000.00	Al Schlies	\$100.00
<i>In Memory of Bill Bartholomew</i>		Bill Ehnerd	\$100.00	Carlos Kreibich	\$100.00	Duane Schober	\$100.00
Tom Bauer	\$100.00	Paul Engen	\$100.00	Lance Leipold	\$1500.00	Chris Simpson	\$1000.00
Tony Biolo	\$100.00	Bill Forster	\$100.00	Robert Lieberman	\$100.00	Jerry Sinz	\$100.00
Brian Borland	\$1000.00	Tom Fugate	\$200.00	Clayton Lynde	\$100.00	Fred Spaeth	\$100.00
Larry Brick	\$100.00	Jerry Golembiewski	\$200.00	Rock Mannigel	\$100.00	Dan St. Arnauld	\$100.00
Dan Brunner	\$300.00	Jerry Griffin	\$100.00	Jim Meckstroth	\$100.00	Cal Tackes	\$100.00
Frank Budzisz	\$100.00	Stan Grove	\$100.00	Alan Minnaert	\$100.00	Mark Traun	\$100.00
Doug Chickering	\$100.00	Ron Grovesteen	\$100.00	Mick Miyamoto	\$100.00	Jeff Trickey	\$300.00
Jim Chossek	\$100.00	Harlan Gruber	\$100.00	Danny Mock	\$100.00	Bill Turnquist	\$100.00
Rick Coles	\$100.00	Bill Hoagland	\$100.00	Ken Mueller	\$100.00	Carey Venne	\$100.00
Bill Collar	\$100.00	Doug Hjersjo	\$100.00	Ken Mueller	\$25.00	Bob Wurdinger	\$100.00
Bill Collar	\$100.00	John Hoch	\$100.00	<i>In Memory of Bruce Larson</i>		Jay Zimmermann	\$100.00
<i>In Memory of Randy Marsh</i>		Duane Jensen	\$100.00	Paul Neivinski	\$100.00	Jim Zebrowski	\$1000.00

THANK YOU FOR YOUR GENEROSITY!

8-Player League Chairman, Don Kendzior Playoff Expansion – 8-Player Football in Wisconsin



Don Kendzior

For the third straight year, the WFCA has been denied their proposal to expand playoffs for 8-Player teams. Ten plus - Player teams, with **.500 and above** records, were left out of the playoffs this past year. Compared to 11-Player teams that had 40 plus teams with **.500 and below** in the playoff.

WIAA has always assured us that if we have an issue or a problem that we should communicate with School administrators. So that's what our three WFCA region reps did.

Spear headed by Ev Wick (DeSoto HS), assisted by Brandon Wiese (Belmont HS), and

Ryan Karsten (Siren HS). Emails regarding playoff expansion were sent out to all of the coaches and Superintendents of all schools participating in 8-Player football in 2023. Playoff expansion options were

1. Expansion to 32 teams
2. All-Play.

Coaches & Superintendents could choose both options if they wanted to.

Here's an overview of the WFCA 8-Player expansion survey results.

COACHES SURVEY

- Schools who did not participate in the survey despite multiple attempts to contact them directly and through their district AD: Lake Holcombe, Faith Christian, Sevastopol, St. John's Northwestern, and The Lincoln Academy.
- Number of coaches surveyed: 64
- Number of coaches who favor playoff expansion - 59, (92%)
- Number of coaches who favor expanding to 32 teams - 53, (83%)
- Number of coaches who favor an All-Play format - 12, (19%)
- Number of coaches who do not favor playoff expansion - 2, (3%)
- Number of coaches who do not have an opinion either way - 3, (4%)

SUPERINTENDENT SURVEY

- Schools who did not participate in the survey despite multiple attempts to contact them directly: Thorp, Valley Christian (Osceola), Winter/Birchwood, Phillips, Tri-County, Faith Christian, Suring, and Princeton/Green Lake
- Number of Superintendents surveyed: 66
- Number of Superintendents who favor playoff expansion - 61 (91%)
- Number of Superintendents who favor expanding to 32 teams - 50 (76%)
- Number of Superintendents who favor an All-Play format - 14 (21%)
- Number of Superintendents who do not favor playoff expansion - 1 (1.5%)
- Number of Superintendents who do not have an opinion either way - 4 (6%)

CLOSING

As you can see, only 3 out of 130 Superintendents and Coaches voted against playoff expansion for 8-Player Football. 98% of the Superintendents & Coaches involved in this survey are in favor of playoff expansion.

The WFCA will continue to work with the WIAA to seek ways to expand 8-Player football in Wisconsin

Dreaming of a Weight Room **FIT FOR CHAMPIONS?**

ST. CROIX FALLS

GREEN BAY



HUDSON

OSHKOSH

**WE'RE BUILDING
DREAMS
ALL ACROSS
WISCONSIN.**

BEST QUALITY. BEST VALUE.
BEST SUPPORT. BEST PEOPLE.



1-844-678-7447
www.mydynamicfitness.com

MORE STRENGTH PER SQ FT®

**PROUD SPONSOR
OF THE WFCB**

We're a Wisconsin manufacturer
ready meet your strength
equipment needs.

2023 WIAA FOOTBALL ADVISORY COMMITTEE

Meeting Minutes of Tuesday, November 28, 2023

This summary represents the recommendations of this Committee and is not to be construed as a change or revision of existing rules or regulations. The Board of Control will take final action on all items

Advisory Committee members in attendance: Tony Biolo (Wisconsin Rapids Lincoln), Brian Kaminski (Sun Prairie East), Dave Hinkens (Xavier), Mike Olson (Alma-Pepin), Dave Lew (Elk Mound), Brandon Wiese (Belmont), Mike Gnewuch (Mukwonago). Non-voting participants, Dan Brunner (WFCB Executive Director) and Charna Kelsey (WFCB Executive Assistant). WIAA Staff in attendance: Tom Shafranski, Todd Clark, Mark Gutknecht and Deb Lepak. Melissa Gehring and Stephanie Hauser joined the meeting to address specific topics.

The meeting was called to order by Tom Shafranski at 8:30 a.m.

I. REVIEW AND APPROVAL OF

Motion to approve the Minutes of November 29, 2022, by Tony Biolo and seconded by Brandon Wiese, being no further discussion the measure passed 7-0.

A. How rules are developed or changed was reviewed by Tom Shafranski.

II. SEASON REGULATIONS

A. Review of - Topics/Points of Emphasis and Interest

1. Coach/Player Ejections

a. Ejection Policy/Procedures – The Committee reviewed the season’s ejections of players and coaches. In 2022 there were 52 ejections during the football season, in ‘23 the total is down to 44.

Because there is a season maximum of 10 football games in a regular season which is considerably less than any other WIAA sport the committee recommends the following be considered:

Motion by Tony Biolo, in football, when a player is ejected for unsportsmanlike conduct, the penalty will be the remainder of the current competition and the first half of the following competition. The motion was seconded by Dave Lew and with no further discussion, passed 7-0.

2. Length of Season

a. Start one week later? The calendar rolls back and the 2024 football season will begin August 6. No action was taken.
b. Reduce to 8 games. No support for reducing the length of the season, therefore no action was taken.

3. Forfeits & No Contest – There seem to be increasing number of teams refusing to play a given opponent often because of competitiveness. Currently the team asking for the forfeiture gets a loss. Should there be an additional penalty for refusing to play a game?

a. Conference game replacement-Loss

Dave Lew made the following motion: In a case where a team forfeits a Conference game, that team shall record a non-conference loss in the following season and begin that season one week later than otherwise allowed. The motion was seconded by Mike Gnewuch. Being no further discussion the motion passed 7-0.

Tony Biolo, motion to impose a deadline of Oct. 1 of each year to opt out of a playoff competition. A team opting out after the Oct. 1 deadline shall be ineligible for the playoffs the following season. The motion was seconded by Dave Hinkens. Being no further discussion the motion passed 7-0.

4. Football-Only Conference Realignment - (2024-25 Conferences attached).

- Conference crossovers - games count as a conference game (Football Playoff Procedures,) Review, no need for action.
- Review of FB-Only schedule/Alignment of 2023
- 8-player changes - All have a conference
- Co-op Deadlines - October 1
- Conference Realignment Task Force Update - Melissa Gehring joined the meeting to discuss realignment and the benefits and considerations for realigning conferences every 3 or 4 years instead of every 2. Football only Conferences were developed to apply to Varsity only. The responsibility of the lower level games should be the responsibility of coaches and the schools’ Administration. The committee evaluates enrollment and geography not competitiveness. 24/25 is set but Oct. 1 of 2024 is already the deadline to declare intent to change Conferences.

The Football Advisory Committee has gone on record in favor of a four-year realignment schedule maintain the fast-track option exercised when all impacted parties are in favor of the change/s. These proposals are currently fast-tracked by WIAA staff in off years and in realignment years. It would be beneficial to keep a 2-year transition to switch to/from 8 or 11-player leagues. Independent schools will remain ineligible for 2 years. No further action is required.

- Constitutional Items - Four-Year Sanction - Update
- Calendar – | 2024-25 swing year - Start date 2024 is Aug 6, 11-Player Aug 13 8-Player. The calendar is published in the Handbook.
- Overtime Procedures – The current system is working well therefore no recommendations for change. No action taken.
- Running up Scores – No calls this year. The second quarter game-clock seems to have solved much of this issue.
 - First half score cap – No action taken.
- Wilson Footballs – Great working relationship. Current option GST. The WIAA showed the committee the newly introduced Omega model. Generally considered a “tighter” FB with a better spiral. A decision will be made by the WIAA regarding which ball will be the official tournament ball. Both are good footballs. No official recommendation from the committee.
- Other Items from Regular Season – summer contact days. Brian Kaminski made a Motion to add five additional summer football Contact days for a total of 10. This motion was seconded by Mike Gnewuch. There was discussion regarding the use of contact days, maintaining current acclimatization procedures and black-out days with no change to the original motion. The motion was called and passed 7-0.

III. TOURNAMENT PROCEDURES

A. Review of

- Qualifying Criteria
 - 8-player qualifying - 200 three-year enrollment for tournament eligibility – No action recommended.
 - Forfeits and effect on qualifying - conference & non-conference discussed previously.
 - The Football Advisory Committee revealed survey results 92% of the coaches surveyed supporting the expansion of the 8-Player playoffs. Motion by Brandon Weise to recommend beginning the 8-Player season in the same week as the 11-Player season

CHAMPIONSHIP RINGS



THEY

NEVER SAID IT WOULD BE EASY

THEY ONLY SAID IT WOULD BE

WORTH IT



Midwest Scholastic has partnered with the WFCFA to provide the State Championship Rings throughout the state of Wisconsin. Simplified, streamline process makes it easy on the coach. Great pricing makes it affordable for the parents. Contact us for more details.

Mark Fredrickson

markf.mws@gmail.com

mwscholastic.com

J.C. Fish

jcf.mws@gmail.com

and expand the Playoff field to 32 teams beginning in 2024. Second by Mike Olson. Being no further discussion The motion carried 7-0.

2. Auto-seeding factors
 - a. Head to Head – This continues to be the one issue which generates the most complaints. The first fundamental criteria of seeding is the winner of head-to-head play gets seeded above the loser. The same concern was expressed last year (III/2/a). The committee suggests evaluating the electronic seeding to consider head to head contests. Should this be evaluated by coaches and manually flipped by 1 seed when a winner of a head to head contest is seeded by the system below the team they beat? Can this be added to the formula for seeding?
Dave Lew made the motion to consider when a one and two seed have played each other during the regular season, the winner of the head to head contest will be the first seed. Second by Mike Olson. No further discussion 6-0.
 - b. Conference System
 - c. Coaches Association spokesperson – Dan Brunner will communicate with Tom and disseminate information from the WIAA regarding seeding.
 - d. Forfeits and Exhibition games – Count only with seeding not in qualifying. Additional games can hurt/hinder seeding. No action was taken.
3. Other Concerns from Level 1-Level 4 –
Motion by Mike Olson to change the verbiage from its current title “level 3” to “State Quarterfinalist” presenting the “State Semifinalist” plaque for advancing to “level 4” after that competition. Then change the title of the “Level 4” game to “Semifinals,” omitting the plaque presentation after that competition. The motion was seconded by Dave Hinkens. Being no further discussion, the motion passed 6-0.
4. State Tournament
 - a. All Play – Kyle: Teams can currently pick up a 10th game if they wish, but this rarely happens.
 - b. Terry Slack proposal – The Advisory Committee is on record indicating that the Surveys conducted reveal **NO SUPPORT** among WFCFA membership for changes to the 224 post-season playoff model and **NO SUPPORT** for a

consolation bracket.

5. Other Items from Tournament Series – TV coverage was through WIAA State Television network. Apparently, some Direct TV subscribers were not able to access. This coverage was better than previous years. Streaming is most ideal. No action was taken.

IV. MISCELLANEOUS

- A. Competitive Equity - Public & Private School Success – Stephanie Hauser joined the meeting to review this process which applies to adding a point system to move a team up a division based on 3-year success. This was passed overwhelmingly by the WIAA membership. Division changes can be appealed for a team to remain in a current division based purely on enrollment, disregarding success points accrued. This is a WIAA membership driven process. No action was taken.

Stephanie also addressed the NIL Allowance - WI is not currently in favor of moving away from amateur status for high school athletes. The WIAA’s position is that eventually we will allow personal gain as long as notoriety is not based on school/WIAA name, image or likeness. Rules unbecoming will always continue to apply. The language will not be original but follow what has been adopted in other States. Any change will be driven by WIAA membership. We may be able to hold onto the ideal of amateur status for the time being, but at some point in the future this will be legally challenged.

- B. Seasonal Placement – No action taken. Football coaches like the full season.
- C. Sport Meeting Video and Exam – No changes recommended. NFHS recommendations and rules come forward next month.
- D. Items from Coaches – Mike Olson went on record bringing forward concerns fielded by reps regarding the formula for seeding from WFCFA membership. The WIAA was clear that the formula was proprietary and would not be shared.

V. ITEMS FOR 2023 FOOTBALL MEETINGS

Being no further concerns from the Football Advisory Committee
Motion to adjourn by Brian Kaminski at 12:42 pm, seconded by Mike Olson. Passed unanimously.

Respectfully submitted, Charna Kelsey, WFCFA and Deb Lepak, WIAA

See you at the

WFCFA SPRING FOOTBALL CLINIC

April 4 - April 6 2024!

Mark you calendar for next year Now!

WFCFA SPRING FOOTBALL CLINIC

April 3 - April 5, 2025

Marriott Hotel in Middleton, Wisconsin



We're changing the game (again).



Hudl Focus Outdoor

Our hands-free AI cameras for indoors is now equipped for stadiums. Automatically record, upload and livestream in HD without having to pan or zoom. Plus, subscribers get exclusive access to the Focus Exchange Network film library.

"Quality-wise, it's spot on. It's great. It's brilliant."

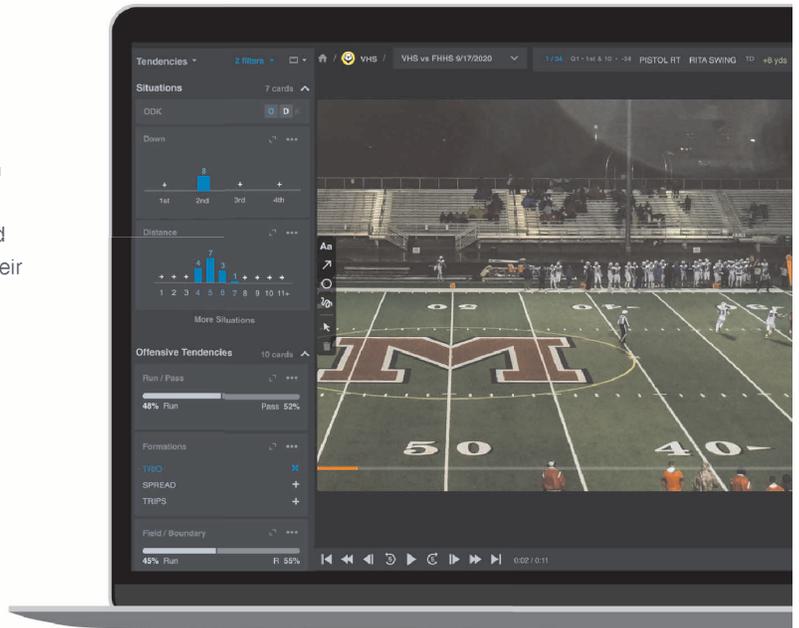
Todd Witten
Rejoice Christian High School (Okla.)

Hudl Beta

Video and tendencies side by side. Group chatting on screen. Add and edit data on the fly with a click. More and more coaches are making the switch to Beta, and saving even more time with Hudl Assist reports, for their most important gameplanning work.

"It's so much faster than filtering in Classic and building out those library reports. This is an instant library report."

Spencer Dorn
Former Division 1 FCS video coordinator



Blitz '22 is coming soon. Check out our Rewind to catch up on Blitz '21.
hudl.com/blitz



THURSDAY, APRIL 4

1:00-8:00 p.m.		CLINIC REGISTRATION
4:30-5:50	Room 1	NICK GOESER , CO/DC, North Dakota State “ <i>Keep the Cup – Limit the Explosives</i> ”
	Room 2	DAN LARSON , OL, North Dakota State “ <i>Offseason Development & No Pull Power</i> ”
5:55-7:15	Room 1	JOE BESCHORNER RB, North Dakota State “ <i>RB Plays in the NDSU Offense</i> ”
	Room 2	RANDY ECCKER , CEO, Eccker Sports, The Coaching Effect “ <i>Impact of HS Coaches on Student-Athlete Performance & NIL,</i> ” TIM PRUKOP , CEO, ANSRS Analytics, “ <i>Next-Gen. Tool, Provides an Immediate Competitive Advantage</i> ”
7:20-8:55	Room 1	TIM POLASEK HC, North Dakota State “ <i>Core Values to Lean on & Live Through, the QB Process</i> ”
	Room 1	DRAWING FOR PACKER TICKETS (Must be Present to Win!)
9:10-10:10	Rooms 2&3	WFCA HS COACHES BASH! FRANK MARTIN , Kaukauna (DBs), JUSTIN GUMM , Sussex-Hamilton (QBs), JIM NORRIS & MIKE SEEFELD , Grafton (OL), NEIL SEERING , Luxemburg-Casco (DL), ADAM HALE , Grantsburg (LBs), RANDY CHARLES , Kewaunee (RBs), MIKE OLSON & TROY INGLI , Alma-Pepin (WRs), BRANDON WIESE , Belmont, RYAN KARSTEN , Siren & EV WICK , De Soto (8-PLAYER Q&A)
10:10-12:30	Rooms 2&3	WFCA BASH CONTINUES With Free Pizza & Beer, Refreshments & Snacks, Plus Raffle & Door Prizes. (Sponsored by Dynamic Fitness & Strength)

FRIDAY, APRIL 5

7:45-8:45 a.m.	Room 4	FCA BREAKFAST
8:00 a.m.- 8:00 p.m.		CLINIC REGISTRATION
9:30-11:30	Greenway	SCOTT PAYNE & STAFF , Amboy/La Moille/Ohio (IL) '23 8-Player State Champs, “ <i>Triple Option/Power Plays/Play Action</i> ” KENT WALSTROM, & STAFF , Florence, WI, '23, 8-Player State Champions, “ <i>Surviving with an 8-Player Program</i> ” DON KENDZIOR , WFCA 8-Player Chairman, “ <i>Survey Results & WIAA Updates, (Playoff Expansion)</i> ”
9:30-10:40	Room 1	KEITH KLESTINSKI , HC, Marquette, D-1 State Champ, “ <i>The C.U.R.E for Program Efficiency.</i> ”
	Room 2	JERRY SINZ , HC, Edgar, D-7 State Champs, “ <i>How to Maintain a Successful Program at a Small School</i> ”
	Room 3	CARMEN PATA , C.S.C.S.*DC.S.C.S.*D National Strength & Conditioning Assoc. (NSCA) “ <i>Myths, Bro-Science, & Miss-information: Navigating Strength & Conditioning in the Social Media Age</i> ”
	Room 4	DR. NICK SCHMIDLKOFER , Chiropractic, Neurologist, Asst. Coach, Muskego HS “ <i>Concussion Prevention Strategies to Increase Football Participation</i> ”
10:50-12:00	Room 1	MATT HENSLER , HC, Badger HS, D2-State Champs, GB Packers-WFCA Coach of the Year, “ <i>The Badger Option Attack</i> ”
	Room 2	BRAD SEABURG , HC, Cary-Grove HS, IL 6A State Champs, “ <i>23 Absolutes of Practice at Cary Grove</i> ”
	Room 3	JEFF TRICKEY, RYAN BINGENHEIMER, ROB SLAVENS & BRIAN BRUNNER , “ <i>Building Your QBs' Skillset</i> ” Teaching defensive Recognition, pre/post snap

10:50-12:00	Room 4	MAJORS NATHAN BLACKWELL & MIKE KRUEGER , U.S.M.C., <i>Team Study of Conflict on the Football Field; How to Prepare & Train a Team, Athlete Psychology, Culture & Why it Matters, Program Leadership.</i>
12:00 Noon	GB/LaX Rm	HALL OF FAME LUNCHEON
12:10-1:20	Room 1	MATT WALKER , HC, UW-River Falls “ <i>Taking the Next Step</i> ”
	Room 2	JOE KOCH , WFCA HOF, (Oak Creek) HC, Paradise HS, Paradise, TX “ <i>Level the Playing Field with a Hi-Tempo Empty Jet System</i> ”
	Room 3	TOM LEE , HC, Aquinas, D-5 State Champ “ <i>Blugold Culture & Program Building: How We Went from Forfeiting Games to 3-Peat State Champs.</i> ”
	Room 4	JIMMY FLYNN , ST & WR Coach, St. Xavier Univ., Chicago, “ <i>Developing a System for Explosive Kickoff Returns</i> ”
1:30-2:40	Room 1	THOMAS HAMMOCK , HC, Northern Illinois “ <i>How to Build Your Team to Play Complimentary Football</i> ”
	Room 2	MATT JANUS , HC & MICHAEL McGUIRE , OC/QBs UW-LA CROSSE, “ <i>Dressing Up Your Base Concepts</i> ”
	Room 3	LUKE VENNE , HC, UW-Stevens Point, “ <i>Offensive Game Planning</i> ”
	Room 4	DAN HILL , HC, Rice Lake, D-3 State Champ “ <i>Giving the Game Back to the Kids, Focus on Character & Leadership to Develop Ownership Within the Team</i> ”
2:50-4:00	Room 1	PAT RICE , Hall of Fame, Retired HC, Waunakee HS, “ <i>Waunakee Football, 30+ Years of Evolving – Ideas that Work</i> ”
	Room 2	CHARLIE DREWEK , DC, St. Norbert Col., “ <i>SNC Defense, Tackling & Takeaway Circuit.</i> ”
	Room 3	DAVE PULS , HC, Lodi, D-4 State Champ, “ <i>Power Run Schemes Installation, Technique, Drills</i> ” Presented by OC, Karl Sachtjen, & OL Coaches, Andy Murray, Pete Moskal, & Jason Murray
	Room 4	ROB ERICKSON , HC, UW-Eau Claire “ <i>Everyday Fundamentals for DL & DBs</i> ”
4:00-5:00	Room 2	WFCA BUSINESS MEETING
	Room 2	DRAWING FOR PACKER TICKETS (Raffle tickets will be handed out as you enter the meeting room)
4:00-5:00	Green Bay Rm	VENDOR HOSPITALITY HOUR
5:10-6:20	Room 1	BRADY COLLINS , Strength & Conditioning, WI Badgers “ <i>Badger Strength & Training</i> ”
	Room 1	DRAWING FOR PACKER TICKETS (Must be Present to Win!)
6:25-7:35	Room 1	AJ BLAZEK , OL, WI Badgers, “ <i>Building an Offensive Line Culture & Development</i> ”
7:40-9:10	Room 1	LUKE FICKELL , HC, Wisconsin Badgers “ <i>State of Badger Football</i> ”
9:25-10:25	Rooms 2&3	WFCA BADGER BASH , UW Position Coaches PHIL LONGO (OC/QBs), KENNY GUITON , (WR), NATE LETTON (TE), DEVON SPALDING (RB), MIKE TRESSEL (DC/ILB), EJ WHITLOW (DL), MATT MITCHELL (OLB), ALEX GRINCH (S), PAUL HAYNES , (CB) will answer your questions in an informal chalkboard session with refreshments and snacks provided
10:25-12:30	Room 2&3	BASH CONTINUES with free beer, soda & pizza, along with raffle and door prizes.
10:00-Noon	McClain Center	BADGER PRACTICE
	Camp Randall	<i>Attendees on the Field with Badger Coaches Conducting Individual Drill Sessions!</i>
4:30-5:30	Room 1	HALL OF FAME RECEPTION
5:30-7:30	Room 1	HALL OF FAME BANQUET

SATURDAY, APRIL 6

	McClain Center	BADGER PRACTICE
	Camp Randall	<i>Attendees on the Field with Badger Coaches Conducting Individual Drill Sessions!</i>
	Room 1	HALL OF FAME RECEPTION
	Room 1	HALL OF FAME BANQUET



FUEL YOUR GAME FROM KICKOFF TO THE FINAL WHISTLE. WIN FROM WITHIN.®

2024 WFCA ELECTIONS

WFCA Spring Elections are right around the corner. With all that currently faces high school football in our state, now would be great time to get involved in the decision making process and serve the WFCA in one of the positions up for election. **The 2024 Spring Election is for the position of At-Large Region Rep.** All positions are three-year terms. Please refer to the WFCA website at: www.wifca.org, to determine what Region your School/Conference is in.

NOMINATION PROCESS

All candidates should nominate themselves. E-mail your intent to Tony Biolo, WFCA Past President, at tony.biolo@wrps.net

Please provide the following information:

- Name
- School & Conference
- WFCA REGION
- Position running for
- Years of membership in the WFCA

VOTING

All voting will be done on the WFCA Website, www.wifca.org.

Members can access the Election link from **the e-mail that will be sent to your school's Head Coach.**

Once you enter the Election portal, you will be asked to supply your Name, E-Mail, & School. The elections you are eligible for will pop up for you to vote in.

Timeline

The following time-line will be observed:

- **Now – April 6th (Saturday @ Clinic):** Candidates nominate themselves by emailing the above information to Tony Biolo at (tony.biolo@wrps.net). OPEN NOW!
- **April 8th – April 16th:** WFCA members can vote by entering the WFCA website (www.wifca.org) Election link. Please refer to the above voting information to cast your vote(s).

Understand Board Members' Duties & Responsibilities...

President-Elect Duties & Responsibilities include:

Eligible candidates for President-Elect must have served at least one year on the Board of Directors (District/Region Rep)

HIGHLY recommended that you are an active Head Coach THIS IS A 6-year Term/Commitment

- Serve as President-Elect for two years, President for two years, and Past President for two years
- Attend (& Run when President) 3 Meetings each year (Nov./March/July)
- Serve on the Executive Committee
- WFCA/WIAA FB Advisory Committee (Nov. Meeting)
- Attend All-State Banquet (Feb.)
- Attend All-Star Games (July)
- Oversee the affairs, funds, and property of the WFCA
- Appoint Committees as needed
- Attend Other Association meetings (you will need time off school)
- Run the Spring Election (along with other officers)
- Assist with, but not limited to, WFCA Clinic, Hall of Fame, Awards, Scholarships, Vendors, the Newsletter, All State selection, and the All-Star Games

N/S Vice-President Duties & Responsibilities include:

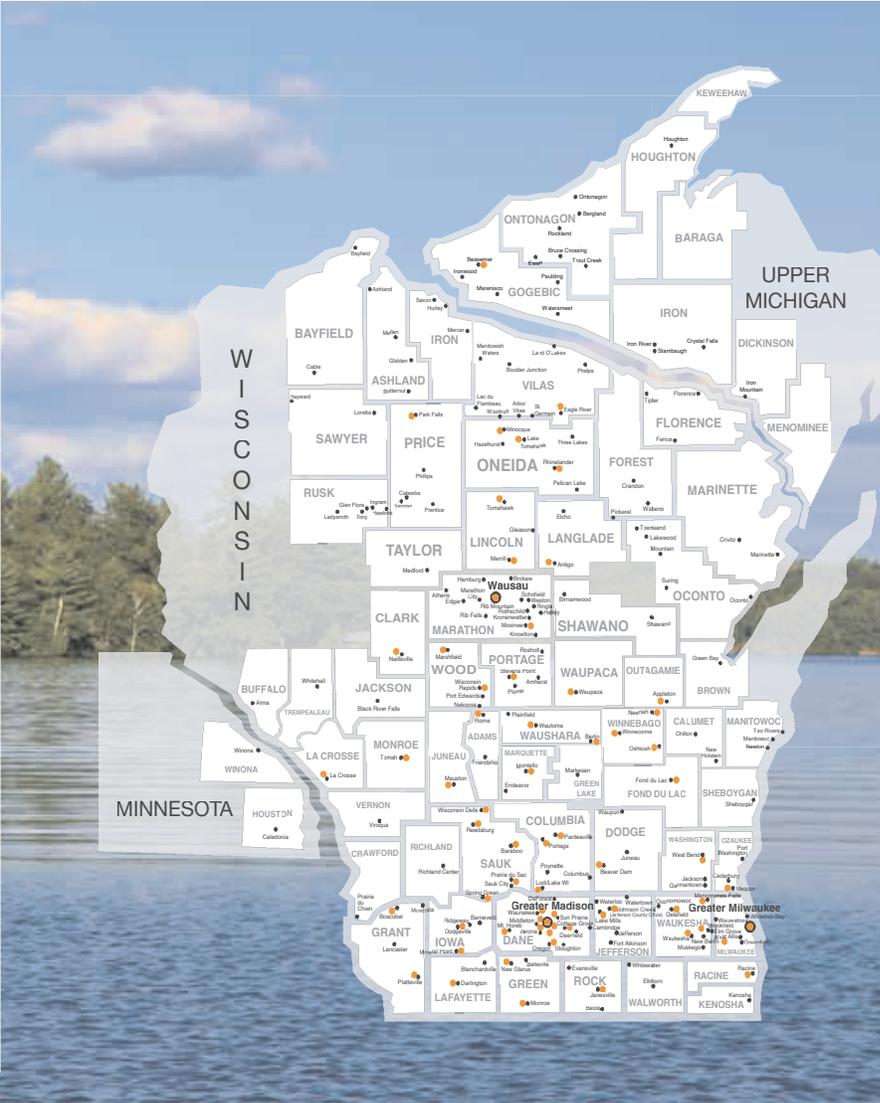
HIGHLY recommended that you are an active HEAD COACH

- Attend the 3 Association Meetings (Nov./April/July) each year
- Serve on the Executive Committee (WFCA/WIAA Sports Advisory Board, etc)
- Represent all of the Northern/Southern Region Representatives and Schools
- WFCA/WIAA State Advisory Board (Nov. Meeting)
- Attend All-State Banquet (Feb.)
- Attend All-Star Games July
- Help support the All-Star Game and Teams
- Introduce Speakers at WFCA Clinic
- Other duties as needed (i.e. ~ Chair special committees, Assist/Run special functions, etc)

Region Rep Duties & Responsibilities include:

- Attend Association meetings including the All-State (Nov.), Spring Clinic and All-Star Game (July) meetings
- Represent/Contact Appropriate Conferences w/in Region
- Make sure there is a Conference Rep from each Conference w/in Region
- Acquire 3 Articles per year for *The Point After II* publication
- Make sure the coaches you represent have the proper information for nominating players for All-Region, All-State, and the All-Star games
- Conduct All-Region meetings and present Region candidates for All-State
- Introduce Speakers at WFCA Clinic
- Vote on appropriate All-State Teams (and Coach of the Year)
- Other duties as needed

First Weber Is EVERYWHERE



Southeast & Northeast WI

- 📍 Brookfield Corporate Commercial Concierge Desk
- 📍 Appleton
- 📍 Berlin
- 📍 Brookfield/Elm Grove
- 📍 Fond du Lac
- 📍 Lake Country
- 📍 Menomonee Falls
- 📍 Mequon
- 📍 Metro South
- 📍 Neenah
- 📍 North Shore
- 📍 Oshkosh
- 📍 Racine
- 📍 Waukesha
- 📍 Waupaca
- 📍 Wautoma
- 📍 West Bend
- 📍 Winneconne

South Central & Southwest WI

- 📍 Madison Corporate Relocation Commercial Concierge Desk
- 📍 Baraboo
- 📍 Beaver Dam
- 📍 Boscobel
- 📍 Cambridge
- 📍 Capitol
- 📍 Darlington
- 📍 Dodgeville
- 📍 East Madison
- 📍 Fitchburg/West Madison
- 📍 Janesville
- 📍 Jefferson County
- 📍 La Crosse
- 📍 Lake Mills
- 📍 Lodi/Lake Wisconsin
- 📍 Mauston
- 📍 Middleton
- 📍 Mineral Point
- 📍 Monroe
- 📍 Montello
- 📍 Mount Horeb
- 📍 New Glarus
- 📍 Oregon
- 📍 Pardeeville
- 📍 Platteville
- 📍 Portage
- 📍 Prairie Du Sac
- 📍 Reedsburg
- 📍 Spring Green
- 📍 Sun Prairie/East Towne
- 📍 Tomah
- 📍 Waunakee
- 📍 West Towne
- 📍 Wisconsin Dells

Central, Northwoods, West Central WI & Upper MI

- 📍 Antigo
- 📍 Bessemer
- 📍 Eagle River
- 📍 Marshfield
- 📍 Merrill
- 📍 Minocqua
- 📍 Mosinee
- 📍 Neillsville
- 📍 Park Falls
- 📍 Rhinelander
- 📍 Rome Lakes
- 📍 Stevens Point
- 📍 Tomahawk
- 📍 Wausau
- 📍 Wisconsin Rapids



Ingrid Swittel

Relocation Specialist

414.315.3069

iswittel@firstweber.com

ingridswittel.firstweber.com



FIRSTWEBER
— REALTORS® —

The human side of real estate.™

firstweber.com

UPDATE FROM THE WISCONSIN FOOTBALL FOUNDATION

By: Al Minnaert, President, Wisconsin Chapter, National Football Foundation

The Wisconsin Football Foundation (WFF), a Chapter of the National Football Foundation (NFF), was officially chartered in September of 1993, in memory of George H. Chryst—a coach and teacher who was devoted to promoting the role and value of football among Wisconsin's youth.

The primary purpose of each of the 120 NFF Chapters, nationwide, is to recognize outstanding personal, academic, and athletic achievement among graduating high school seniors. The season of 2023 marked the WFF's 31st year of inviting Wisconsin's high school head football coaches to select an eligible graduating senior football player as their school's WFF Scholar-Athlete. Every nominee receives a personalized plaque, and each school receives a customized nameplate that can be



mounted on the school's institutional plaque to recognize each year's honoree. For our Chapter, the *CRITICAL FACTOR IN THIS PROCESS IS THE SUPPORT OF THE AND THE HIGH SCHOOL COACHES.*

99 head high school football coaches in Wisconsin nominated an eligible senior football player as their high school's Scholar-Athlete for the 2023 Fall season. Including these 99 most recent nominations, the Wisconsin Chapter of the National Football Foundation has honored a total of 2,480 students, from more than 425 schools.

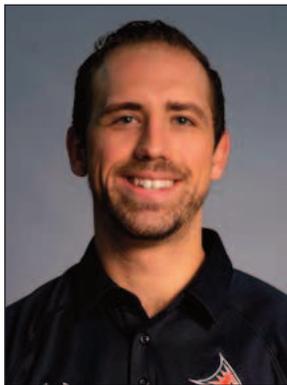
WFF's Scholarship Committee plans to complete this year's selection process by the weekend of the WFCU Clinic, so that coaches and nominees can be updated. Including this year's recipients, over \$100,000 will have been awarded by the WFF in scholarship assistance.

COACHES ARE ASKED TO PICK UP THEIR HONOREE'S PLAQUE AT THE WFF TABLE AT THE WFCU CLINIC.

OFFENSE

COACHING THE TIGHT END POSITION

By: Joe Matheson, Offensive Coordinator, UW–River Falls



Joe Matheson

Coaching tight ends is one of the best experiences I've ever had because of the multitude of responsibilities the position has. In the content below I will try to highlight some notes and coaching points I found to be effective when working with tight ends in several different types of offensive systems.

PHILOSOPHY

First of all, tight ends should take pride in the fact that they can be an extension of the offensive line: IT STARTS UP FRONT. We believe if you can be physical and consistently win battles at the line of scrimmage, you will always have the upper hand in the game. Period. For that reason we ask our tight ends to remember to bring phys-

icality to their assignment every rep, run or pass. Many tight ends want the football and look to be an offensive weapon. It's important for these individuals to understand that mastering their craft as a blocker will always lead to more opportunities in the pass game.

Tight ends must be prepared to be a Swiss army knife. As a tight end you will be asked to play in a variety of alignments with a variety of assignments, in a variety of scenarios. Embrace it! Focus on your assignment, you are a football player first. Do your job on each given rep and do not worry about the other components of the play. Because of the variability of the position it is important to build a base set of skills and fundamentals, some of which are highlighted below.

STANCE/RUN GAME FUNDAMENTALS

It is to implement and practice an effective stance from day one. Make the unnatural natural for your players by teaching how to get in a stance in any sort of alignment they could be in throughout the season.

• 3-Point Stance:

- Feels slightly wider than shoulder width
- Toes straight ahead
- Knees forward
- Weight on insteps
- Heels in ground
- Toe to heel, toe to instep
- Shoulders square

- Flat back
- Eyes up
- Outside hand straight ahead
- Off-hand inside knee
- **2-Point Stance (Unattached)**
 - 12-18" stager in feet
 - Inside leg up
 - foot pointed out at 45° angle.
 - Off-heel 2" off ground.
 - 80% if weight on front leg.

Next creating a fundamental blocking progression is crucial to learn and improve your play up front. By creating a progression, you can breakdown and highlight stages for players to improve. Here's one I've used in the past.

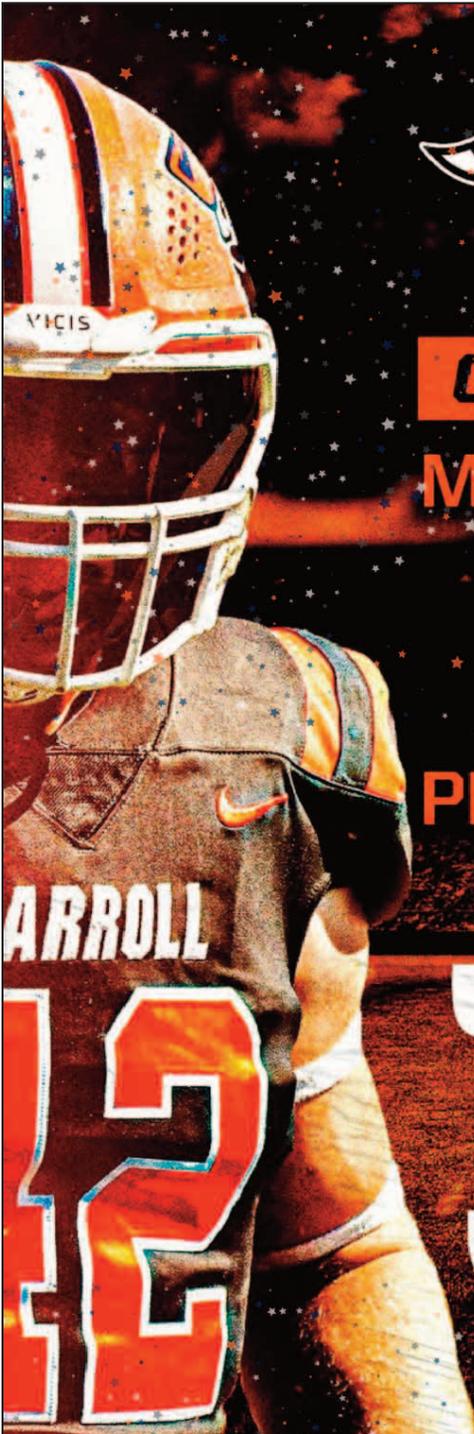
BLOCK PROGRESSION

• Approach

- **First Step** - Should get you on track to your landmark/technique and set up contact. 6 inches on angle of block:
 - Lead step – step strait ahead
 - Zone step – step at 45° angle
 - Drop step – step at 90° angle
 - Always gain ground on first step. Never step underneath yourself
- **Second Step** – “step to crotch” in the ground as fast as possible. The step that initiates contact.
 - Adjusts to defensive movement to stay on track to landmark

• Contact

- Contact on 2nd step, work to have two feet in the ground.



CARROLL
FOOTBALL

CAMPING WITH THE PIOS

MKE MEGA CAMP

JUNE 8TH

PROSPECT CAMPS

JUNE 12TH

JULY 19TH



SCAN ME

YOUTH CAMPS

JUNE 10TH & 11TH

FOLLOW US ON X @PIOFOOTBALL OR SCAN THIS QR

CODE TO ACCESS OUR LINKTREE

- Strike on contact, footwork and body position
- Strike with the hands, face and hips. Maintain a power position.
- Keep hands inside, thumbs up, underneath opponent breast plate, tight elbows.
- Run feet on contact
- Stay off of your toes, entire cleat should be in turf
- Continually work to get vertical. Play the game on the defense's side of the line of scrimmage.
- **Finish**
 - Hands give you a chance to be a good blocker, but you win blocks with your legs. Power from your legs is critical to getting movement and sustaining blocks.
 - Dig your feet into the ground, do not chop your feet. Stay off toes and bring your hips.
 - Keep your toes out. This will allow your entire foot to work with force to the ground to bring power.
 - Be a competitor. Have some nasty and punish the opponent. Your demeanor

cannot change throughout the game. It will pay dividends.

RECEIVER FUNDAMENTALS

Next work through receiver fundamentals through the context of releasing on a pass route, stemming opponents, top of route skills, and catching the football.

- **Start/Release**
 - Effective Stance/split for route, understand what route you are running
 - Understand the defender's alignment and release accordingly. No false step out of a 2 or 3 point stance. Gain ground out of the stance and explode off the ball.
 - 6, 7, 9, technique releases. Take a 6-inch influence step and release off of the defender's position.
 - Be aggressive with release moves: low swim, rip move, head and shoulder fake.
- **Stem**
 - Push your route depth and get on the defenders toes.
 - Threatening the defender vertically will allow you to get separation.

- **Top of Route**
 - Always take on half a man when looking to gain separation
 - On hard angle cuts sink hips and keep feet on base lean body into defender
 - Doe speed cuts, dip shoulder to direction of cut and run through break
 - Be physical and use tool set to gain separation at top of the route. Use chicken wing/inside hand leverage. Expect defender to get hands.
- **Catching**
 - 3-Points to absorb the ball (fingers, wrists, elbows)
 - Catch with locked elbows
 - Spread your fingers wide
 - Frame the ball in and reach out for it.
 - See the ball into your hands
 - Keep eyes on the ball into the tuck
 - Thumbs together above the waist
 - Pinkies together below the waist
 - 5-Points of pressure
 - Squeeze the air out of it

The tight end position group can become a versatile weapon for any offense if fundamentals are built from day-one, focusing on each skill you want your players to be perfect.

UW-LA CROSSE GAME PLANNING

By: Michael McGuire, Offensive Coordinator, QB Coach, UW-La Crosse



Michael McGuire

Football is a very diverse game. From different offensive and defensive schemes to specifics on how a team blocks power or plays Cover 3, there are multiple ways to teach the same concepts. That also applies for building an offensive gameplan. This article will discuss the things we look for when building a gameplan.

Who are we?

In order to put a successful gameplan together you must first identify who you are and what you want to accomplish? Are you a triple option or spread team? Do you want to be a 21 personnel team that is run heavy or a No Huddle Air Raid system? At UW-La Crosse we are a No Huddle team that wants to play with great tempo. We like to us formations, personnel, shifts, and motions to create mismatches. We are primarily in the gun or pistol and are heavily invested in the RPO game. Most importantly we're always

evolving based on strengths and weaknesses of our current team.

A large part of understanding our identity is our self scout. As much as we would all like to think we don't have glaring tendencies, we do. Self Scouting allows us to see ourselves through the same lens as the defense does. We can then adjust as necessary or even gameplan situations or plays based off our past tendencies.

Balance, Balance, Balance

At UWL we want to be balanced on the offensive side of the ball, but not in the traditional sense. Usually when offenses discuss being balanced they are talking about being 50/50 run/pass, or close to it. When we talk about being balanced we mean it in multiple ways.

The first way we want to be balanced is by the ability to run and throw the ball. That doesn't mean we are striving to be 50/50, it means we want to be capable of doing both. If we need to throw the ball 45 times to win a game we can do that, and vice-versa. With the RPO game it allows us to do both, and the defense will often effect what we do by box numbers, fronts, coverages etc. Take what the defense gives you.

The second way we want to be balanced is in our run game. We want to have multiple ways to attack you in the run game:

- Zone and gap schemes
- Inside (I2, Power, Iso, Trap) and Outside (OZ, Sweep, Option, etc) Schemes to our RBs
- Designed QB runs along with QB postsnap reads
- Jet Sweep runs to our WRs

Along with these different ways to attack in the run game we also have an RPO element to almost every run scheme we have. This enables us to be efficient and not run into stacked boxes.

Being balanced in the pass game is also very important to the success of our offense. When putting together our gameplan for the passing game there are multiple concepts we want to include:

- 1/2-Field Concepts, Quick-game (1 high, 2 high beaters)
- Full Field Concepts, Dropback (progressions)
- Sprintout
- Play Action (naked, boot, vertical)
- Shot Plays (max protect)
- Screens (slip, jailbreak, bubble)

The most important part of the pass game is the protection. We want to keep our protections as simple as possible while also giving the defense multiple looks and keep the QB as a moving target. Some of the protections we have in our library are:

- Big-on-Big
- 1/2 Slide
- Full Slide
- Naked, Boot
- Play Action

Every run scheme, route concept, pass pro will be run every week but we will discuss these different options on a weekly basis when putting together our plan!

Personnel is also a consideration when discussing balance. Every offense wants to get the

CARTHAGE FOOTBALL



SPRING FOOTBALL SCHEDULE



TUESDAY, APRIL 2
 THURSDAY, APRIL 4
 SATURDAY APRIL 6
 MONDAY, APRIL 8
 TUESDAY, APRIL 9
 THURSDAY, APRIL 11
 SATURDAY, APRIL 13
 TUESDAY, APRIL 16

THURSDAY, APRIL 18
 SATURDAY, APRIL 20
 TUESDAY, APRIL 23
 THURSDAY, APRIL 25
 SATURDAY, APRIL 27
 TUESDAY, APRIL 30
 THURSDAY, MAY 2
 SATURDAY, MAY 4

HC MATT POPINO
 OC JEFF DUVENDECK
 DC ADAM WEBER
 WR BREON HOOSIER
 DL MIKE DAVIS
 OFFENSIVE ASSISTANT ROB KRUSE

JUNIOR DAYS

ATHLETICS.CARTHAGE.EDU/SPORTS/FOOTBALL

ball in their playmakers hands as much as possible. Although this is a great plan, there is a fine line between getting a player his touches and overworking them. This especially is true at the high school level where you'll frequently see RB's with 40+ carries. By being balanced in all these different areas it allows everyone on the field to get involved, and thus must be defended. We try to balance the touches between our playmakers while also making sure our best players get touches in important situations

Weekly Gameplan, what we look for!

When building our weekly gameplan there

are many different things we breakdown on opposing defenses. The first thing we look for is:

- **Formation Alignment.** How do defenses align to 2x2 vs 3x1 formations? Do they have fronts or coverages they prefer and how do we attack those. Are there formations we can get matchups that favor us? Are they sound in their alignment to formations?
- **Adjustments.** How does a defense adjust to shifts & motions? Do they check when motioning from 2x2 to 3x1 and vice versa? Do they have autochecks? Do they tip pressures/coverages with motion?

- **Personnel.** Who are their best and weakest players? Where are our best and worst matchups? Can we dictate it with our personnel?
- **Situational Football.** Do they change who they are in the RZ or on 3¹/₄" down? What are their blitz tendencies? What's their strategy on short yardage and GL? 2 minute philosophy?

As discussed earlier there are numerous ways to gameplan, hopefully this has provided you with ideas to either add to an existing process, or create your own!

CALENDAR YEAR OF DEVELOPING A QUARTERBACK

By: Tarek Yaeggi, Offensive Coordinator, UW-Stout



Tarek Yaeggi

When it comes to developing quarterbacks, it is important to have an emphasis on different phases of the calendar year. At UW-Stout we take pride in our quarterbacks knowing and understanding what the most important aspect of their development is based on which phase of the year we are in. We break our calendar year into five phases. Each phase has its own emphasis on a specific skill(s) we are trying to develop. It is important to know your calendar will look different than ours, but nonetheless you must find a way to develop your quarterbacks year-round.

The first phase is "Fall Camp", and the emphasis is to help each quarterback understand our offensive playbook with extreme detail. We accomplish this by spending more time installing our playbook than on drill work. We watch each practice during our nightly meetings, and we spend time doing board races. This is a great competition drill on a dry erase board that our quarterbacks love, and it gives us coaches the ability to break up the monotony of fall camp. It also allows us to see where each quarterback is at mentally in our playbook. As far as drill work goes, we start back with the basics since we are not able to work with our players during the summer. Therefore, our individual time in fall camp will be spent with very basic drills to hammer home the footwork with each

concept in our playbook. Towards the end of fall camp, we start to transition to more drill work that is correlated with game-play situations, like pocket movement and off-platform drills.

The second phase is "In Season", and the emphasis is understanding our game-plan each week along with how to ID each coverage we will be seeing week to week. We spend most of our individual time focusing on new footwork that is paired with new concepts or different RPO reads each week. If we are ever able to get additional individual time, we always fall back on three main drills, pocket movement, off-platform throws, and rapid-fire throws. The reason we only use three specific drills throughout the season is to hit home the best drills that will help our quarterbacks in game-play situations. This also allows us coaches to yell out the drill name and our quarterbacks know exactly what we are doing and there is no time wasted in between practice periods. During the season it is always difficult to get as much individual time as you want, so we try to "steal" as many individual periods as we can during practice. We get this during our special team's periods. During the special team's periods we focus on our red zone throws, back shoulder throws, and unique throws for that specific week.

The third phase is "Winter Lifting", and the emphasis is for the quarterbacks to develop their bodies and focus on three things they need to improve on. At the end of each season, we hold exit interviews which allows us to give each player a recap of their year. We also tell them three things they did well and three things they need to improve on, because of these meetings our quarterbacks know exactly what they need to improve upon despite our inability to work with our players during this phase. Our quarterbacks know this is a great time for them to go back and rewatch their fall camp reps and write down questions to ask for when we get back together during spring ball.

The fourth phase is "Spring Ball", and the emphasis here is to go back to the basics and develop each quarterback to be fundamentally better. We spend more time teaching the funda-

mentals of football over teaching them scheme. During our meetings we will keep the installs very minimal and spend more time watching our individual drills or discussing how to ID specific coverages. This is our time to get very detailed with the mechanics and footwork of the quarterback position, and we introduce them to a variety of drills to help train this. At the end of spring ball, we have exit interviews again which allows us to give them three things to improve on over the summer.

The fifth phase is "Summer", and the emphasis here is to keep it simple and throw as much as possible. During the summer our players have jobs and are very busy with vacations. We are not allowed to work with them during this period, so they are sent home with the lifting program for the summer and 3-5 basic drills they can use. It's important to keep in mind these drills must be able to be performed by themselves, as they may be back in their hometown for the summer with no one else to work with. The quarterbacks know that they must keep their arms in shape throughout the whole summer so when they come back for fall camp, they can hit the ground running.

**"You may be scared
to death,
but don't admit it,
even to yourself."**

— Terry Bradshaw



COACHES, HAVE YOUR TOP RECRUITS RSVP TO OUR SUMMER VISIT DATES

JUN
7

JUL
12

AUG
2



SCAN CODE
TO RSVP NOW

**COME JOIN THE
FALCON FAMILY!**

SOME FUN FACTS ABOUT CUW

16-3 at home last 4 years



New/upgraded facilities



Underground hallways



WFCFA Private School
Player of the Year



15-20 mins from
Milwaukee



Longest tenured head
coach in NACC



CUW FOOTBALL ACCOMPLISHMENTS

- Bowl appearance **2022**
- Conference champions **2003, 2004, 2006, 2007, 2013**
- NCAA Tournament appearance **2003, 2006, 2007, 2013**



MINI HELMETS



OAK CREEK FOOTBALL

OFFENSE

OG	C	SG	ST
RB	QB	RB	TE
			Z

DEFENSE

T	N	T	
WILL	MIKE	S	C
		M	

FOOTBALL

CONFERENCE CHAMPIONSHIPS

1927 1936 1940 1941 1942
 1943 1956 1957 1959 1960
 1967 1981

WIAA STATE CHAMPION

S

LEADERS

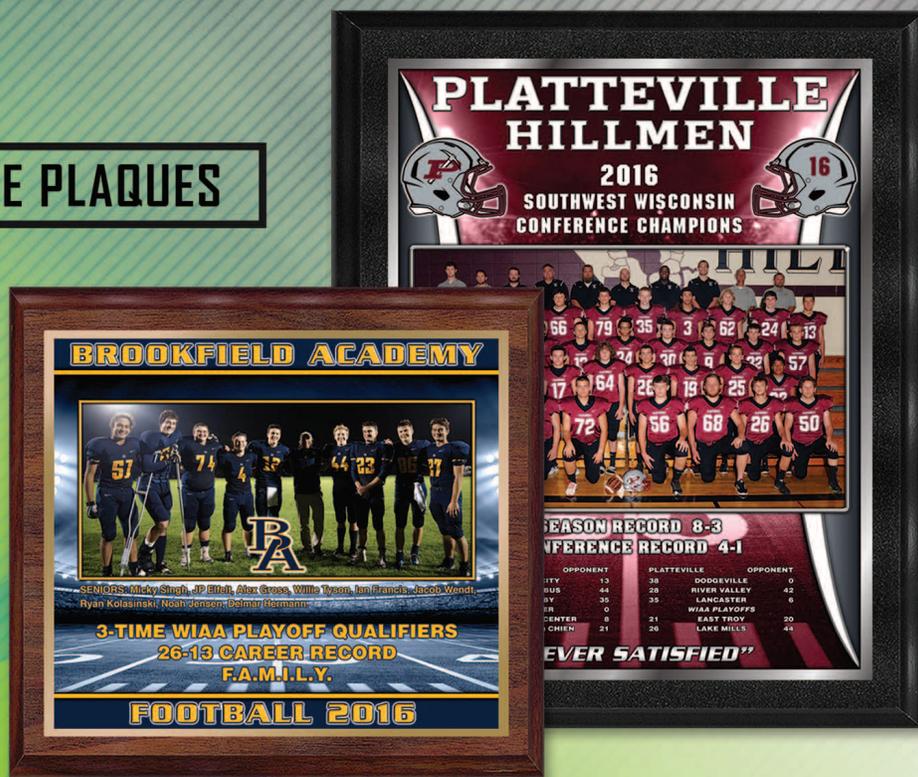
TEACH ENCOURAGE CHALLENGE

SIGNS & RECORD BOARDS

PHONE (800) 558-1696

EMAIL sales@healyawards.com

TEAM PICTURE PLAQUES



HELMET DECALS & ACCESSORIES

25% OFF
ALL YEAR LONG



ONLINE healyawards.com

CONNECT

@HealyAwards



SMALL LINEMEN? TWO DRILLS WHEN QUICKNESS COUNTS

By: Robbie Smalz, Assistant Football Coach, Colby High School



Robbie Smalz

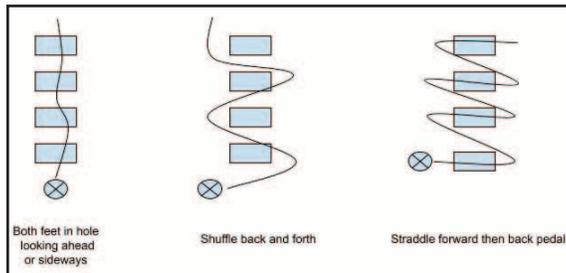
First, I would like to thank the WFCA for everything they do for the great sport of football in the state of Wisconsin. I have been assistant coach at Colby High School for 20 years, and Offensive Coordinator for the last 6 years. Coaching the offensive and defensive line has been my main focus for the last 20 years. With that we usually have kids that have limited foot work ability. As we enter every season we really try to focus on their footwork. Getting the footwork down helps them with getting to the block faster and with a better base.

At Colby we run Wing-T offense, we will use drive blocks, down blocks, reach blocks, double teams and most important pulling. Getting the linemen to use proper technique and form is a must. We usually have undersized linemen who

need to use their speed and quickness to beat the defender to a spot. Here are some very simple drills to help with getting better footwork.

Warm up Drill (see diagrams)

- Four or five dummies on ground
- Two feet in between (go over the bags by putting both feet in the hole as quickly as possible and go over the bags as quickly as possible trying not to touch the bags)
- Sideways over bags (go over the bags sideways by putting both feet in the hole as quickly as possible and go over bags as quickly as possible trying not to touch the bags)
- Shuffle side to side through the dummies (get in a somewhat squatting position and shuffle between the dummies)
- Forward and Back (get in somewhat squatting position with feet wide enough to straddle the bags)



We will use this drill every day at the beginning of practice. It takes about five minutes for them to finish the drill, and it helps them with balance and the ability to move over bags with-

out having to focus on their feet. Also makes them keep a wide base and learn how to move in a football position.

Stance

- Shoulder width apart
- Weight on hand
- One foot ahead of the other

Starts

- Using left and right foot first
- Drive block, down or reach block (45 degree) and pulling.

With the stance and starts we want to develop good footwork and lower base. This is something that we do every day after the warm up drill. We are able to put dummies down in our chute and work all the steps that we will be using. Making them learn how to start with their left or right foot first will help them get to the blocks quicker. In this drill I will focus on correct steps and for them over emphasis picking their feet up.

Between the two drills we are able to get them done in about 10 minutes. As the season goes on you will notice that the kids will begin to develop better footwork and speed.

I hope these drills will help you with the development of your younger offensive linemen. I would like to thank the WFCA for the opportunity to share some things that I have picked up over the years of coaching. If anyone needs anything from me, I am always available to talk football.

OFFENSIVE LINE PLAY

By: David Menk, Offensive Line Coach, Milwaukee Riverside University High School



David Menk

I want to thank the WFCA for allowing me the opportunity to share my O-Line teaching points. I played my collegiate football at UW-Eau Claire. I am currently the O-Line coach at Milwaukee Riverside University High School.

If someone watched a segment of my indy time, you would likely hear a few phrases repeatedly. “Stay low,” “Hands inside,” or “Beat

him to the spot” these are some of the favorites. The problem is that when I say, “Stay low!” to one play, what I really mean is “widen your feet two to three inches and bring your chest up” and to a different player, I want them to shift focus from long strides to shorter stems that allow you maintain a base of power and you drive block. If I am honest with myself, often, the feedback that I provide falls short of giving the player exactly what they need. Since it is impossible to provide this level of input to 10-12 players constantly throughout a drill, as a coach, I need to identify a better way to provide timely feedback.

The strategy we have shifted to at Riverside, partially due to a smaller staff and also for its effectiveness, is called external cueing. Full disclosure that I stole this from some of our baseball coaches. The basic idea is that the coach creates an environment within the drill where the player immediately receives feedback regarding the player’s level of success without the coach speaking. This idea is already widely used in football with our equipment. A chute is standard equipment for almost all high school and college programs and is an excellent exam-

ple of external cueing. Instead of repeatedly telling players to stay low, the feedback is whether or not they hit their heads on the sled.

The goal, with the idea of external, cueing in mind, is then to identify the different errors players will make and then set the drill to address them. For example, in the chute, many of our players “stay low” by bringing their feet in and bending their knees, basically ducking underneath. To address this error, placing a bag in the middle of the chute, this forces players to maintain a solid base as their feet remain wide to avoid the bag. A second example we utilize on the O-Line is two by fours. By placing these on the ground in front of players, each individual receives immediate feedback if their step has reached the six inches required or if they gained ground on their pull step.

Formatting drills in this manner is still a work in progress for me as it takes years to become an expert in the small details that go into blocking, pass protection, and setting angles, but quicker feedback is always better. I welcome other ideas or tweaks you have used to maximize efficiency and feedback in drills!

THANK YOU WISCONSIN FOOTBALL COACHES FOR YOUR HELP WITH THE '24 #GOLD2TANDARD CLASS





B A D G E R F O O T B A L L

SUMMER C A M P

TUESDAY, JUNE 11TH
1:00 PM CST

THURSDAY, JUNE 13TH
4:00 PM CST

SUNDAY, JUNE 16TH
1:00 PM CST

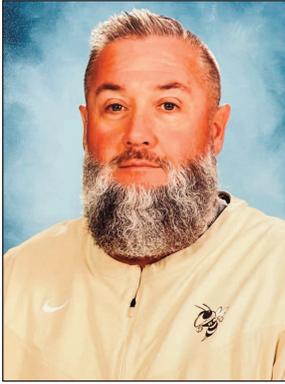
WEDNESDAY, JUNE 19TH
4:00 PM CST

WWW.UWCAMPS.COM/FOOTBALL
OPEN TO ANY AND ALL ENTRANTS



PRE-SNAP RPOS FROM A-Z

By: Tracy Malone, QB Coach, Rockmart High School, Rockmart, Georgia



Tracy Malone

As RPOs have become more popular across the country, defenses have started to catch up in how they defend them. With that in mind I'd like to share with you a pre-snap count system our Qs use and the coaching points we give to instill confidence in our guys to pull the trigger when an RPO is tagged to a run play. For the sake of this article we will focus on two of our perimeter RPOs: fast screen to #1 and a bubble to #2. As an offensive play caller I am going to assume you will be sound defensively and when we align with some form of two receivers to a side you will counter with a corner aligned somewhere over the widest receiver. Working from outside in there will be an alley defender or #2 defender aligned somewhere in relation to the inside receiver and a box LB inside the alley.

This is where our QB starts to process a very simple math problem: 1, 1-1/2, 2

What does "1" mean? If we align with two receivers and defensively we get a corner aligned on the widest receiver and nothing else inside (obviously a misalignment) then we teach our QB that he has a "1" count. If he gets that he has no choice but to throw the ball out as quickly as possible on whatever perimeter screen we've called. This is non-negotiable. I do not care if his own mother screams run the ball he must throw

the RPO anytime we get a "1" look.

What does "1-1/2" mean? We align with two receivers and you counter with a corner and an alley defender then we are going to identify where your alley defender is. If he is a quarters safety aligned over our inside receiver and off or a linebacker trying to line up and apex the inside receiver we will count his as "1-1/2" look. We teach the QB to decide if the alley defender is closer to the run then throw the RPO. If he is closer to the RPO we live with the run. The QB is told that no matter what he decides to do, run or throw, he is never wrong against a 1-1/2 count.

What does "2" mean? Against our two receiver look the defense has a corner on the outside receiver and a defender lined up low and outside the inside receiver that's a "2" count for us. The QB is never allowed to throw an RPO into that count.

I get asked a lot about perimeter blocking for our perimeter RPOs. The biggest difference between us and others is that we do not teach the concept of blocking the most dangerous man. We always block the corner on perimeter RPOs. Why? Because of our count system. We are counting defenders and by using our count system we are essentially throwing off the alignment of the alley defender. No reason to ever block him. I firmly believe that if we get a 1 or 1-1/2 count and throw the ball outside and the best player in Wisconsin is lined up in the alley he will have to recognize it's an RPO and make an open field angle tackle from inside out with bad leverage. I'll take that setup every time. A ball caught in space behind a lead blocker with a defender in a chase position. For me that's like an old school fullback dive. Get me 3 yards and let's snap it again.

A couple of notes about the operations of a perimeter RPO for the QB:

- He must have a signal to give to the back to alert him to get out of the way, preferably

opposite the side of the RPO as fast as possible. Something simple and subtle

- Teach the QB simple footwork for the throw. Assuming we have a right handed QB I like to teach a quick shuffle (think lateral crow hop to turn a double play in baseball) when throwing to his left. When throwing right we put the weight on our right foot, pivot and throw. I steal from John Wooden and tell our guys "be quick but don't hurry". We strive to teach them how to self correct by understanding what's going on mechanically if the ball is low-high-front shoulder-back shoulder.
- Over coach their stride length and alignment of the shoulders in relation to the target.
- Attach the RPO to the backside of runs early on with young QBs and attach it play side to inside run plays.

Lastly, when to practice them. We use several installation segments to teach our perimeter RPOs:

- Small group install with the QB-RB first
- Small group install with the WR second
- Half line run periods
- Inside run periods (this is unorthodox but using a count system and as a play caller you understand that the #1 defender is a given you can throw bubble screens against an alley defender by using the 1-1/2 count to steal reps)
- Perimeter periods (think 7-on-7 vs air or a defense)
- OKZK (Google Kirby Smart millennial Oklahoma. You will thank me later)
- Team

I would like to thank the Wisconsin Football Coaches Association for asking me to contribute to your magazine. I hope you got something useful from this article. I am more than happy to talk with you about it in more detail. My email is coachtracymalone@gmail.com or DM me on Twitter @CoachTM9

THANK YOU to all who so generously submitted articles for

"The Point After II."

If your article did not appear in this issue, please look in the next one!

Articles may be emailed to the WFCFA office at office@wifca.org, or send paper copy to: WFCFA, PO Box 8, Poynette, WI 53955. Please include the title of the article, and the name, school and title of the author, along with the author's photograph. Again, our thanks!

The Value of Sports Participation



Coaches are in a unique position to have a lasting and far-reaching impact on student-athletes. Encouraging athletes' participation in sports can have beneficial and positive results on the mental health of student-athletes. Coaches serving the mental health of student-athletes today is important to their growth.



Teenage depression and anxiety are ever present today and coaches must be aware of the importance of providing a culture that allows student-athletes to freely seek professional assistance. Having an outlet to face the unique pressures of sports and adolescent growth is of utmost importance.

Below are 10 proven mental health benefits from sports provided by the Newport Academy. Click [here](#) to read the article as it shares the importance of sports participation and the mental health benefits derived from participation. Hopefully this article will emphasize to coaches how important sports participation can be to the mental health of youth today.

1. Exercise positively impacts levels of serotonin, a chemical that helps regulate mental health, and stimulates the neurotransmitter norepinephrine, which improves mood.
2. Physical activity releases endorphins, the body's natural "happy chemicals," and reduces levels of the stress hormone cortisol.
3. Sports are associated with lower rates of stress, anxiety, depression, and suicidal behavior.
4. Participation in team sports reduces the risk of teen substance abuse and other reckless behaviors.
5. Team sports enhance resilience, empathy, confidence and empowerment.
6. They have also been shown to increase executive functioning, creativity, cognitive development, and self-regulation.
7. Improved teamwork and social responsibility are additional benefits of team sports for mental health.
8. The more time spent being physically active, the less time a teen spends on social media, which is proven to lower adolescent well-being.
9. Teen sports, as well as other outdoor activities, get teens outside so they can experience the benefits of time in nature.
10. Sleep improves when teens are physically active—which is important because sleep is essential for maintaining mental health.

[Click Here for Full Article](#)

To learn more about youth suicide, visit www.JasonFoundation.com.

DEFENSE

FOUR COMMON LB DRILLS AT UW-PLATTEVILLE

By: Pat Sheehan, LB Coach, UW-Platteville



Pat Sheehan

Before I begin my article, I would like to give my thanks to the WFCAs for giving me this opportunity to share this article. Our staff is always grateful to work with the WFCAs at clinics and with opportunities to write articles.

I just completed my first year as the LB coach after making a transition from coaching the wide receivers for three years here at UW-Platteville. I enjoyed every minute of the defensive side of the ball. The energy our defensive coordinator, Dan Bauder, and our defense bring every day is contagious. I found that the beauty of coaching the linebacker group is the mentality they have. The run through a brick wall first and ask questions later atmosphere that our guys bring is fun to be a part of. I often try to keep things fresh in individual time but there are our 4 “bread n butter” drills we always come back to. This article is going to cover the 4 drills I often go to that rely heavily on pivotal basic

technique and putting our guys in situations where they have to be play makers or in better words the “go play ball” drills.

The first drill I want to talk about is the 1 on 1 “win” drill. This is one of the “go play ball” drills that our LBs love. It is as simple as taking a RB or WR, giving a cadence, pitching the ball or throwing a swing pass to the offensive player with 10 yards of separation between our LB and see who wins. The offensive players are allowed 1 or 2 cuts and to stay between the near the top of the numbers and the sideline. This drill is great because it incorporates a ton of techniques in one. Our LBs get their read steps in by reading a tackle who knows if it is run or pass. The LBs get the opportunity to work on our seam drops if it is a swing pass. They work on our run through technique when they approach the ball carrier. We ask our LBs to not break down before contact and key the near hip. They also get to use the sideline as another defender and utilize leverage. The best part of this drill in my opinion is that it breeds competition and shows who can go win.

The next drill is simple but I believe you have to rep it before or after practice. Read steps while reading high hat/low hat. Our LBs know that this is my maintenance drill. This is how every play begins and dictates what success they will have in their run fits or their spot drops. We teach to step six inches with your inside foot towards your key and replace with the outside foot. Very simple but important to drill in their heads everyday.

The third drill is our rerouting drill. In our defense, our OLBs are force players and typically funnel things back inside. Our guys have

the task to re-route the #2 receiver in 2 by 2 sets and rob in breaking routes to the seam. We take pride in this drill because we get to hit receivers and help our 3rd level guys who have to cover verticals or double moves. We are the first line of defense on these plays so it is important we drill this in every opportunity we have. The basic concept is to take a path inside of the #2 receiver and key their near shoulder. We say 1 to 2 hands on the near shoulder no further than 7-8 yards down field while keying #1 on a possible in-breaking route. Our job is to disrupt the route by two. I played WR for the Pioneers back in the day and I know that an OLB who is good at this can disrupt timing and create a ton of problems.

The last drill is another “go play ball” drill. We call this the “phone booth” drill and it is primarily set to get off blocks. It takes three players and a 5 by 10 yard space. The LB has an OL player three yards from them set up in the middle of that 5-yard horizontal space. They are given a gap to fill and run down the ball carrier who is set behind the OL. “Set go” and the LB has to use his hands to get off the block and go make a play on the ball carrier.

It is important to know that we stay up in every drill we do other than tackle tech on rings or dummies. We avoid injuries at all costs to ensure we are healthy on Saturdays. These drills are geared to breed consistent feet/eyes/hands, understand the scheme and go play ball!

I want to thank the WFCAs again for allowing me to write about something I love. I hope this article gives you some insight into what we do and maybe sparks an interest to incorporate it into your practices.

PRESS & CATCH MAN TECHNIQUE: HOW, WHY & WHEN

By: Dan Bauder, Defensive Coordinator, UW-Platteville



Dan Bauder

First off, I want to say thank you to the WFCAs for continuing to provide such a great platform for coaches to share, learn, and discuss new ideas. I have had the ability to coach football in a few different states and I can easily say the WFCAs does the most for the high schools and colleges it serves.

Press Coverage:

There are lots of different ways to play man to man coverage. I am a firm believer that there is not a best way to do it, there is just a way that works best for you and the athletes you are coaching. We typically use our press technique on the outside receivers, anywhere on the field. There are several reasons we like to put our cor-

ners in press. First off by pressing you can effectively limit the route tree the offense has to choose from. Most teams are not going to run routes like hitches versus press. The most common routes you will get from a press alignment are fades and slants. We also like it because of the disruption to timing routes. The time it takes to release the corner at the line of scrimmage can put receivers on different levels and in different windows than what the quarterback had anticipated. The last two reasons we like playing press man coverage here at UW-Platteville are more philosophical than anything. When we press, we can challenge every throw. No lay-ups, no free passes, no handouts. We want to

UW-LA CROSSE FOOTBALL PROSPECT CAMP



JUNE 11TH OR 19TH

9AM – 3PM

HELMETS & SHOULDER PADS

#THEEXPERIENCE



EAGLES FOOTBALL
LA CROSSE, WI
43.8138° N, 91.2519° W

EAGLES

make the offense execute to earn every yard. The last reason is our disguise. From our press alignment we can play our man, a deep 1/3, a flat, or blitz (boundary corners). Our boundary corners will be pressed on 99% of the snaps each year.

Our press technique starts with an inside eye alignment. We stagger our feet to have our inside foot slightly in front. Our first step is always a six-inch, 45-degree step with our outside foot to the sideline. I always tell our guys to take your first step to get head up. We take that first step with our outside foot for a few reasons:

1. Make the WR declare his release. Inside or out. We want the offense to feel uncomfortable with our presence, but we are not going to try to keep him at the LOS with this press technique.
2. The highest percentage release is outside to either a fade or back shoulder throw. By taking our first step with our outside foot we widen the WR closer to the sideline and can get in-phase easier on those outside throws.
3. Lastly, taking our first step with our outside foot, that cleat will be in the ground ready to push off for hard slant or inside stem releases. We want to flatten out any inside release by putting pressure on the high shoulder. Again, this is not a knockout punch, but more of a jab that lets the WR know we are in control of the route. This is our passive or control release. We

give the kids 3 or 4 different types of release to use when playing man from a press alignment, for example, bail or sting. A couple of coaching points for this release. We want the thought process for our corners to be that they are in control of the route and there is no need to panic. We still use our hands to punch, but it is in more of a controlled fashion. We do not swing wildly or try to punish the WR with a haymaker at the LOS. We also want to keep our hips square as long as possible. This help our kids be patient on double and triple moves at the LOS.

The last part of our press technique we will get into here is post release. Most of the guys we have playing corner here have played WR at some point in their lives. Through film review and some instinct, we tell our guys to “run the route”. If we have done our jobs as coaches and players in the meeting rooms, we should have a pretty good idea what types of routes we are going to get from an inside/outside release. Now we need to read the tempo of the WR and “RTR”.

Catch Man:

Our catch man technique is most typically used by our slot corners and safeties. They will use this technique in our single high man coverages. We like it here at UW-Platteville because of the physical nature of the release. We take away space on the three step/quick throws and throw off timing on any type of down the field route. Inside or slot receivers are usually fast, quick, slen-

der bodies. We want to get hands on and ride those slot receivers all the way to our help.

To accomplish this, we start with an outside eye alignment, unless the WR split is unusually wide. Our depth is anywhere between 3-5 yards off the WR. We really stress in this technique not to back-up, work laterally. Space, on the defensive side of the ball, is not our friend. So, we want to eliminate it as quickly as we can. We want to work laterally to collision, catch, and carry to our help.

A few coaching points for teaching this catch technique. Always work underneath. We have help over the top, use it. Too many times we have seen young guys try to run on top of vertical routes and that opens the entire passing tree underneath, for example, 10 yard in/out cuts. Be comfortable pushing the route from underneath. The last thing we encourage, and practice is a “tug”. In the collision and catch phase we should have hands on. This allows us to physically “tug” the WR if he starts to create separation in the carry phase. I will stress here that this is a “tug”, not a grab and hold on for dear life. We teach our kids to use it like a quick slingshot to get back into a low hip position.

If you have any questions or comments, I would be happy to help any way possible. We are always looking to grow the game.

Thank you to the WFCA and this great football community here in Wisconsin. Thank you for this opportunity to pass along a few things that work for us. Go ‘Neers! bauderd@uwplatt.edu.



From the entire JTQB family, a sincere hope that you, your families and your teams are well and looking ahead to 2023 with great expectation. Thank you for all of your hard work and the tremendous impact you have on kids. We're looking forward to seeing you this summer and helping your QBs and WRs take the next steps.

2024

- 14 QB only Developmental two day camps (Athletes grades 7-12)
- 6 Advanced QB – Receiver three day camps (Athletes grades 10-12)
- 3 Youth Camps, QB – Receiver camps (Athletes grades 4-6)
- Intense, high-energy, focused instruction with attention to detail.
- Leadership & team-building training, teaching character through the game we love!

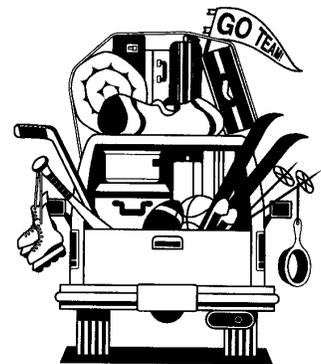
2024 DATES, TIMES and REGISTRATION SOON !
www.jefftrickeyqbcamps.com



“Accept the Risk of Leadership”



**HAVE YOU MOVED
 OR CHANGED YOUR
 EMAIL ADDRESS?**



Let us know!

Drop us a line at:
 P.O. Box 8
 Poynette, WI 53955
 or by email at: office@wifca.org

THANK YOU!

J. J. KELLER FIELD at TITAN STADIUM

THE

TITAN STADIUM

T GOLD AGE

TITAN FOOTBALL CAMPS

AND 7 ON 7 STATE CHAMPIONSHIP

SCAN FOR INFO



OPTIONS AVAILABLE

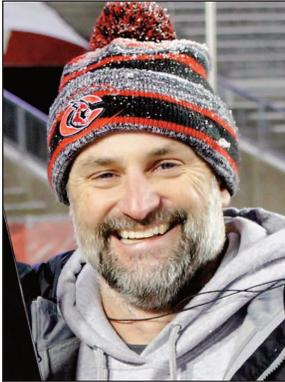
APRIL | MAY | JUNE | JULY



12

WHY WE ARE A 3-4 DEFENSE AT COLUMBUS

By: Andrew Selgrad, Head Football Coach, Columbus High School



Andrew Selgrad

It is an honor to write an article for the best high school association in the country. I want to thank the WFCA for this opportunity to give back some of the knowledge that I have acquired over the years from the many great coaches I have encountered. It is my hope that this article helps in some way shape or form.

Over the years as a defensive coach, I have been a part of many different schemes, many times a scheme change was necessary due to either personnel or the ever changing landscape of offenses. When I first started coaching football at St. Mary's Springs High School, most offenses were typically 21 personnel and rarely 10 personnel. Because of this, we played a 52 Okie defense with either cover 2 or cover 3 behind the front. Fast forward to today where offenses play multiple formations to try to exploit what the defense can't cover or account for in terms of being gap sound. You might be able to account for the teams in your conference due to familiarity with their scheme, but come playoff time, teams you may be unfamiliar with may cause problems.

Let's be honest for a second, there is no defense out there that can stop everything. Trying to stop everything is a fool's errand. I am a firm believer in keeping things simple and getting good at what you do. There are times when I wanted to try something new either schematically or by changing our read/react and it simply didn't work. We ended up going back to what we always do. Why? Because our players knew it, understood it, and were comfortable with it. If we think about human behavior and how long it takes to either create or break a habit on an individual basis, it actually makes sense. A study published in the European Journal of Social Psychology in 2009, by Phillipa Lally, stated that on average it takes 66 days for a behavior to become automatic.

We want our players to play without thinking. Years back, when I was a young coach, I sat in on a WFCA Clinic presentation from the defensive coordinator at Mount Union. I don't remember what scheme they were running nor

what drills they did, but what stuck with me was a single phrase... "paralysis by analysis". I was surprised that a successful program had this problem. The coach stated that they became too exotic, too complicated for their players to react and fly to the ball. This is coming from a program that has countless championships, some of the best athletes in D3 football, and spring practices. We as high school coaches are limited in what we can do with what time is given. We also have to understand the players we are working with.

From my time at Fond du Lac High School and at Columbus High School, the defense that I have found that is the easiest to teach and offers multiple answers to what offenses present to you is the 3-4 defense. When I was at Fondy, the entire staff went up to UW-Oshkosh when the great Pat Cerroni was there and received an education on the 3-4 that only Coach could provide. We tried to "get" him by throwing up the many formations that Kimberly would always get us in, but there was always an answer. If there wasn't a direct answer, Coach Cerroni said in his colorful way, "then change the equation". Whether it was a stunt, a blitz, movement up front, or a coverage adjustment, there are options to change the equation for the offense. The amazing thing was no matter what, all the gaps were covered and we ended up in an alignment that we already knew, it was just a different way of getting there.

Keeping the structure of the defense is important. Keeping the reads the same is important. Keeping the adjustments the same is important. Keeping the verbage the same is important. After making the run that we had a team in 2022, I can tell you first hand that we saw so many different offensive styles in the 14 games that we played. We faced split back veer, 5 wide empty, 22 personnel, gap scheme, zone scheme, rpo's...you name it, we saw it. In our staff meetings, we came up with great ideas on how we can scheme this way and that, and had all of these great ideas, but in the end, as the week went on, we always stuck with our base stuff... because we practiced all of the time and our players developed an automatic response, no matter who or what we faced. If we wanted to do something different, we had to plan down the road and dedicate at least five weeks of practice before trying it in a game and even still it didn't always work.

So why is the 3-4 my preferred defense? The first reason is I like playing with two high safeties that are run fitters. They give you flexibility to adjust to any personnel group. The second reason is that even if you have small but quick defensive linemen or bigger space eating defensive linemen or a combination of both, you can make it work. We can all agree that success in high school football is determined in the trenches. Linemen are your most precious commodity. If you are a school that is blessed with

tremendous depth on the line, rotating in fresh bodies is a good thing. If you are a school that has a handful of linemen, well you only need three for the defensive line and they don't need to be huge. The third reason is that I like to have an edge on the defense. I want to be able to tell the offense that these are your options for running lanes. I want to take the horizontal run game and make it vertical, or make the vertical run game horizontal, but none of that would happen with setting an edge with your outside linebackers.

The final reason I like the 3-4 defense is the most important. The ability to adjust your coverages with the personnel you have on the field without needing to substitute. Our OLB's could play safety for us (in fact our senior Will OLB played safety as a junior) and they could play inside linebacker. They are quick enough to cover a zone or play man. Our corners are strictly corners. Nothing changes in their world. Our safeties could play over hang if need be because their responsibilities are similar enough that the transition is not hard. So no matter what we face we have an adjustment for it.

Are we perfect? Absolutely not. If we can limit big plays, communicate well, react and fly to the ball, then good things will happen. Start simple, rep the heck out of it until it becomes second nature, and then rep it some more. Once the muscle memory and the habit is formed, it's simply a matter of game plan and awareness at that point. As a defensive coach it is hard not making calls on every play, but in the end let your players fly and let them hit. I will take the results over the need to make a call any day.

I have included how we align to eight different personnel groups and/or formations. (See page 44) This is not exhaustive obviously but this will give you the idea of how we do things at Columbus. Please feel free to reach out if you have any questions.

"Confidence comes from hours and days and weeks and years of constant work and dedication."

—Roger Staubach



RIVER FALLS FOOTBALL

RIVER FALLS FOOTBALL
MINNESCONSIN

WEDNESDAY

JUNE 12TH

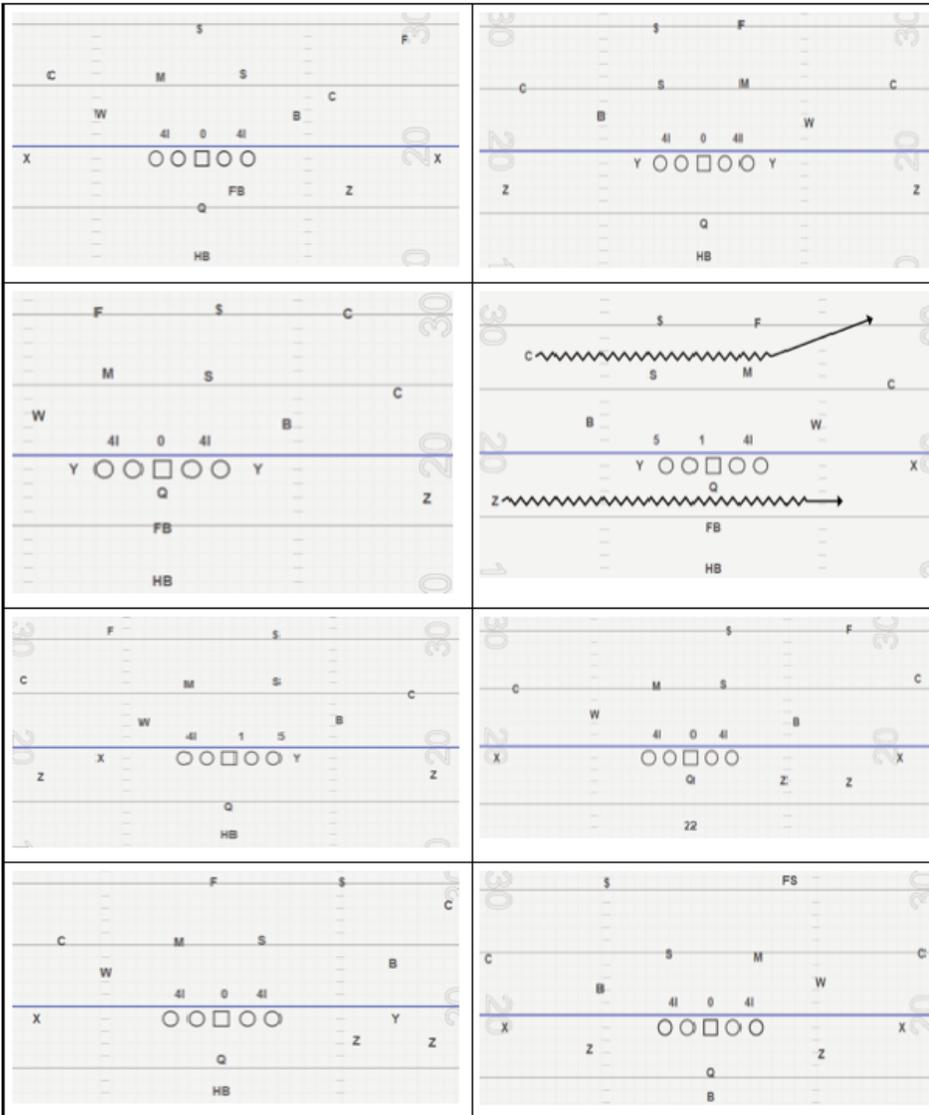
MEGA CAMP

2023 CAMP FACTS

**47 OTHER COLLEGES
IN ATTENDANCE**

OVER 750 CAMPERS

**OVER 800 OFFERS TO
ATHLETES WHO
ATTENDED CAMP**



THE PURSUIT DRILL

By: Ryan Stefaniak, Defensive Coordinator, Catholic Memorial High School



Ryan Stefaniak

The pursuit drill is a staple of the Catholic Memorial football program. When operated correctly this timeless drill can provide numerous benefits to your football team: positional alignment, run fits, leverage tackling, and con-

ditioning. The drill itself is simple, however attention to detail is extremely important in order for the players to get something out of it.

Set up cones every five yards (just outside the numbers) on each side of the field for 40 yards. Offensively you will need a line of runners on each side (single file at each WR spot). Garbage cans can be used in place of an offensive line. A coach can be under center as the QB calling out any cadence. One player can align behind the QB as the running back.

Defensively it is ideal to have two full groups consisting of 11 players each. If not, just use your starting 11 defenders and rotate as needed. When the ball is snapped every player performs an up-down. The QB tosses the ball to the RB running wide to the sideline. The play side defenders pursue the RB and tag off on the RB's hip (allow the RB to keep moving after tagging off). Once the RB gets to the numbers



Register Now!

WFOCA Football Clinic April 4 - April 6

MEMBERSHIP FEES
AFTER JANUARY 1, 2024,
INCLUDE ADMISSION TO
THE 2024 CLINIC.

MARRIOTT HOTEL
1313 John Q. Hammons Dr.
Middleton, WI

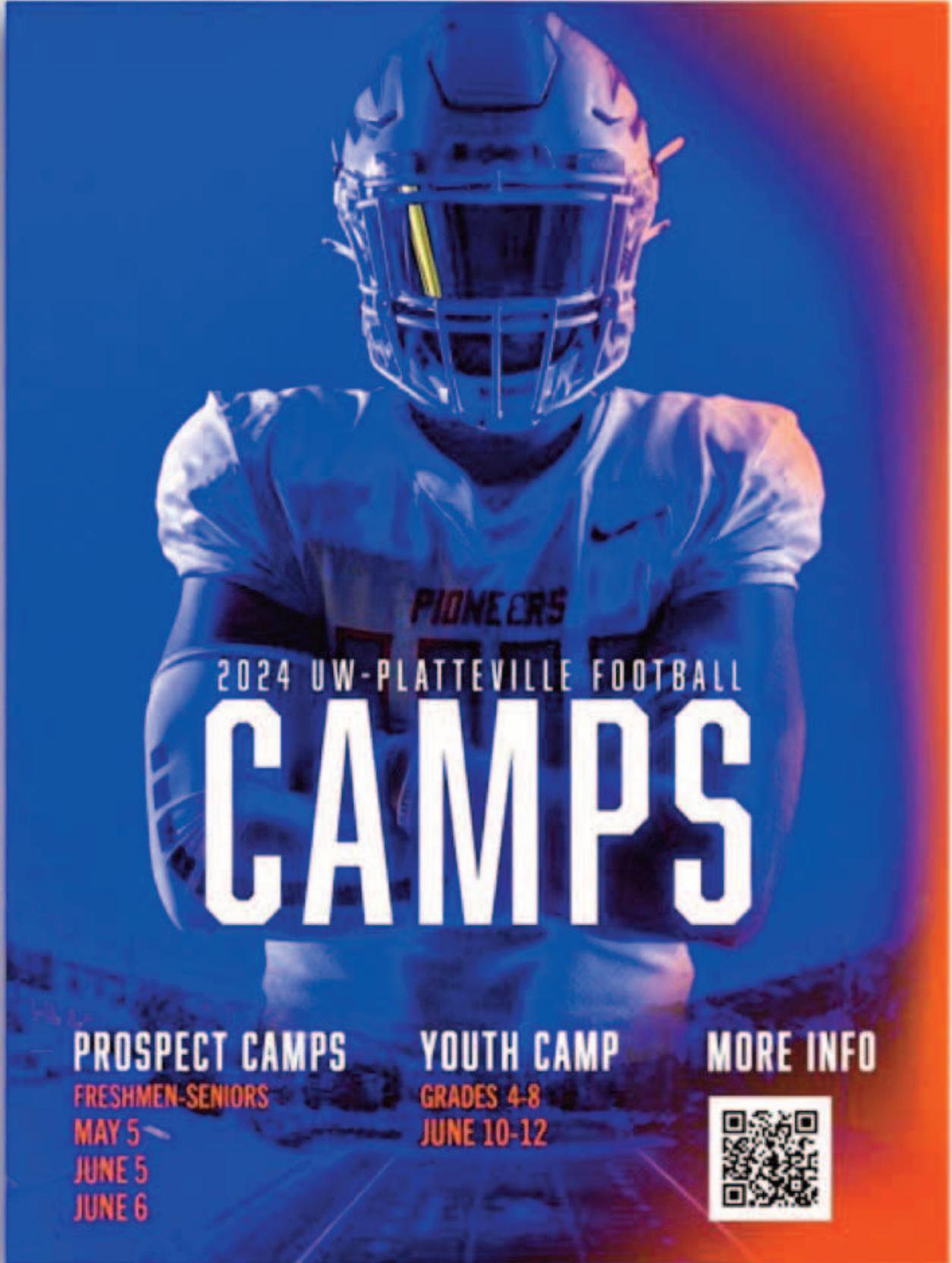
the WR takes off sprinting straight ahead. The weak side defenders sprint across the field angling toward their respective cones and tagging off on the WR's hip as he passes their cone.

The beauty of the pursuit drill is its simplicity. Ultimately it will help your team improve on fits, tackling, and conditioning. It is a great drill that can be used at any point in the season and it can be tweaked to best fit your team's needs.

“Winning is never final, so bring on next season!”

— Bill Parcells

UNIVERSITY OF WISCONSIN-PLATTEVILLE



2024 UW-PLATTEVILLE FOOTBALL
CAMPS

PROSPECT CAMPS

FRESHMEN-SENIORS

MAY 5
JUNE 5
JUNE 6

YOUTH CAMP

GRADES 4-8
JUNE 10-12

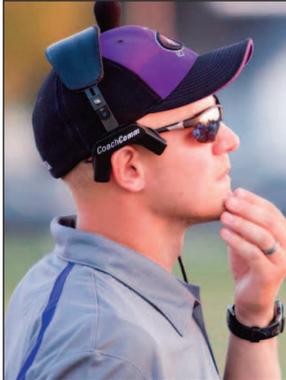
MORE INFO



SPECIAL TEAMS

BLOCKING PUNTS

By: Tom Yashinsky, Head Football Coach, Onalaska High School



Tom Yashinsky

I am fortunate enough to have a guy on my staff that is as passionate about Special Teams as I am. Lewie Parish is my defensive backs coach and between the two of us we are always finding ways to take advantage of special teams mismatches. We probably scout special teams more than most teams do. Usually a blocked kick is a huge turning point in a game for us. I don't have the statistics of what percentage of teams blocking a kick win games but I will tell you that if you look at some major upsets in college football history you will see that the winning team blocked a kick. What follows is a link to a video clinic that I did on this topic if you'd like to see some film <https://www.youtube.com/watch?v=JO0OcQsw7Mw>

The first thing we do is teach our kids the rules of the kicking game.

1. There is no roughing the kicker on a deflected ball.
2. Any deflected ball that goes past the line of scrimmage is the same as a normal punt- STAY AWAY!
3. You can not hit the snapper on any kicking play.
4. NEVER fall on a blocked kick behind the line of scrimmage. This is a free opportunity to score. They have at least 7 guys running away from the ball and it is 10 yards in their backfield, scoop and score. Only time you will fall on a blocked kick is in the end zone.

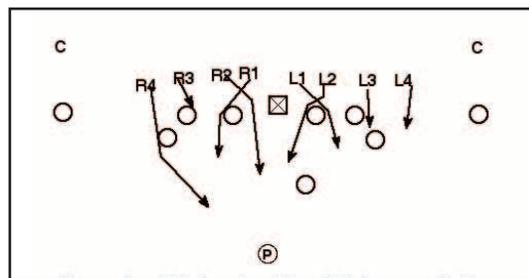
Our Philosophy for Blocking Kicks

- Get a block or alter a kick. If they know you are bringing pressure they will rush their snap and kick. Force errors by applying pressure, or the image of pressure.
- There is not enough time in the week to work on both blocking kicks and returning kicks, and be good at both of them. We choose to go after kicks because in our conference we don't consistently see punts that we can set up returns on.
- The most we can bring is 8 guys. One return man, two guys covering gunners. We will line up all 8 guys with hands down and show pressure. Even if we don't bring all 8 give the illusion that we are. Don't tip your hand.
- Our fastest, most aggressive fearless guys will be the front 8. We do not use any Offensive or Defensive lineman on special teams (outside of PAT teams). We want our most athletic kids on the field.
- We rep our "Thump thump drill" once a week. If a kid won't block a punt in that drill they won't in a game and won't be on this team. Find out who your fearless kids are.

Scouting the Punt Team

We spend time scouting the punt team to find weakness and defend fake possibilities. Here are some key things we look for:

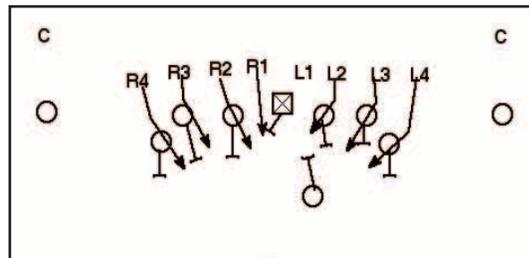
1. Account for all eligibles on fake possibilities. Account for all eligible receivers and understand where each scheme allows a fake to attack.
2. Line splits. If they are foot to foot or tight splits we know we can't get a block up the middle. (Don't try and run through a wall.) Tight splits means a shorter edge. Pressure from there instead.
3. Who is their punter? Is he an athlete that can run? Is he a QB or back up QB? Or is he just the kid who kicked it furthest on the last day of fall camp? Does their punter always step the same way? Find a tendency in something that he does.
4. What does their protection do? After we determine what they do, that determines how we attack them.
 - A. If they gap protect, then overload gaps. Make someone block air while another guy is trying to block 2 guys.
 - B. If they kick step or retreat back- put your 2 fastest guys in the A gaps, swim the center and try to beat them up the middle.
 - C. If they man protect- use quick twists to confuse them.
 - D. If they use their offensive lineman, we put 8 guys on the line with their hand down, one man in each gap and have a race to the punter. We love it when people use offensive lineman on punt team. We only use linebackers and defensive backs on special teams, never linemen. Their offensive linemen can't handle the speed we will put up front.
5. We always align the same in terms of eight guys with their hands on the ground. They all key the ball and will give a "BALL" call with their hands down. This call is repeatedly echoed by all eight guys to remind each other to align on sides, and key the ball.



Gap-D

When executing a twist both guys have to line up tight to the man you will twist on, or one has to stagger back a bit. Fake like you are going to play

punt safe and then twist. Must be quick and have your guys that are not twisting rush outside. Don't bring extra bodies to the party where the twist is happening or it can cause congestion and guys can trip over each other.



If they protect by kick stepping back you have to beat them to the spot. The goal of a team that kick steps back is to create a pocket. they

retreat back to delay contact, making it easier to hold their block until the ball is kicked. You must get off the ball fast and attack the shoulder of the foot that is forward. your goal is to get them to turn their shoulders to breach the pocket. Attack the shoulder of the foot that is forward because they are taught to step with the foot that is back. By making them step with that front foot, they do something they aren't used to and it gets them off balance.



St. Norbert College Green Knights Football

snc.edu/football

186-57

SINCE THE YEAR 2000

17

titles in 35 years
of conference play

19

total conference
championships

13

NCAA Division III
playoff appearances

Recognition ...

Our football players have earned 13 All-American awards in the last seven years. And our athletes excel in the classroom, as well. Across all sports, St. Norbert has been home to more than 70 CoSIDA Academic All-Americans. We have one of the best four-year graduation rates in the Midwest, backed by a four-year graduation guarantee.

Want to know more? Just ask!
snc.edu/go/footballinfo

Defending Fakes

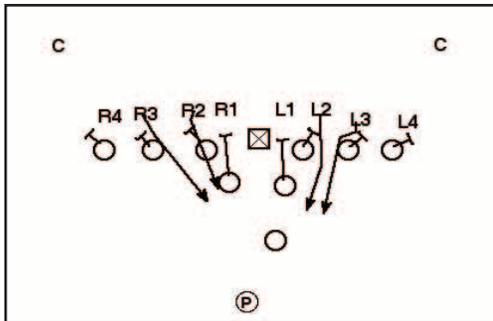
The first thing we do before we start going after kicks is identify all fake responsibilities. We go over who adjusts to any motions or shifts. A main rule for us is that if someone (eligible receiver) is trying to cross your face you go with them. While we always line up with eight guys with their hands on the ground we will bail guys back off the line in situations where a fake is a possibility. It still gives the punt team a look that we will bring pressure, but keeps us safe against the fake. Because we always start out in the same look, we aren't predictable as to when we will defend against fake or bring pressure.

Personnel

We don't use any lineman on any of our special teams other than PAT/PAT Defend. The reason for this is that their skill set doesn't fit into playing well in space usually. It also gives them an extra 15 minutes of individual drill time each day at practice. Our punt team is made up of our fastest and most athletic guys on the team. We will put a guy or two on the unit who has worked really hard but doesn't have the talent to start somewhere else. In that case we put them at a spot where they can occupy a blocker to free up one of our faster guys to get a block.

We number our personnel L1-L4 and R1-R4. We don't number the corners or return man.

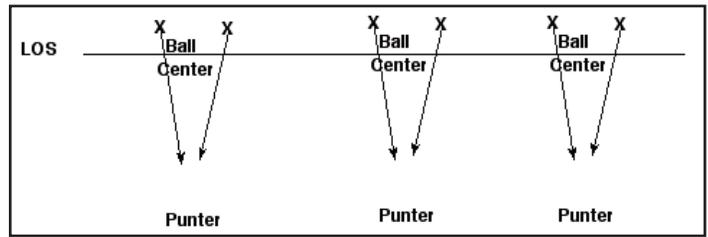
- L1/R1 – These players line up on the inside and have no fake responsibility. With as hard as these two should be rushing any fake up the middle should become a jumbled mess. These players are the fastest, slipperiest, most fearless guys we have. They will get knocked around a bit, but they have to be fighters. Great spot for a running back or fast physical defensive back. Remember, the shortest distance from A to B is a straight line. That means the quickest way to a block is straight up the gut. Most long snappers aren't taught to protect. Use that to your advantage and pressure from there.



If they gap protect on film, overload a gap, slant into it. Don't tip your hand.

- R2/L2 – If we are ever to hide a player on a special team it is at this spot. These players are usually hard working tough kids, but probably a step slower than everyone else on the block team. Their main job is to try and take up blockers to help turn the guys next to them free.
- R3/L3 – We start to get our longer players out on the edge. This is where we will play our more physical, tall wide receivers. These players have to be tough because they will need to be able to tackle on any fake attempts.
- R4/L4 – These spots are always manned by our free safety or outside linebackers. We need guys who can cover someone on a fake or any unusual punt alignments. They must still be fast enough to get to the block point on all out blocks.
- Corners – These are usually our back up corners. Our starting corners are either back to return the kick or in the L1 spots. Also rarely do you see punt fakes in which the outside gunners are the intended target. We have the corners play our typical shuffle-shuffle-bail technique so they can see the whole punt. It allows them to make sure the ball is kicked and see any fakes developing in front of them.

Thump Thump Drill



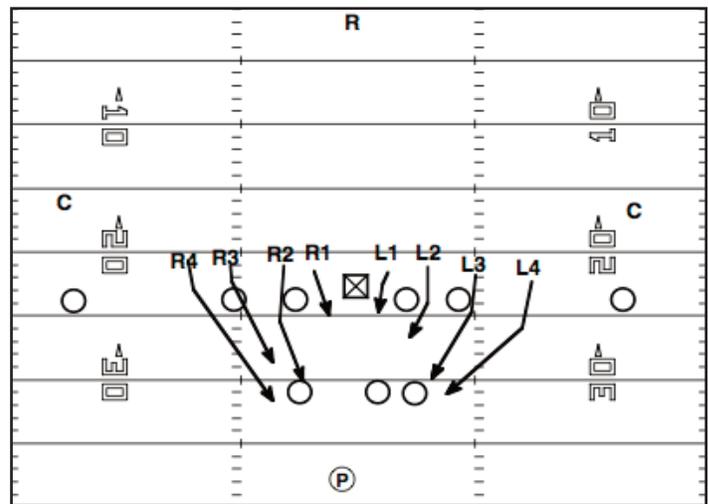
Drill Needs

- 6 Balls
- 3 Coaches as punters
- 3 managers or injured players as snappers
- 3 Scrimmage vests or cones

Drill Set Up

- Center will just move the ball - won't actually snap it to the punters
- Punter starts with a ball
- 2 Defenders on line of scrimmage with hand down ready to sprint at block point. Block point is a cone or scrimmage vest on ground 2 yards in front of the punter.
- 2 yards in front of the punter
Players must give our 'Ball' call when online. One defender block man, the other is scoop and score guy. Designate before the kick.
- On movement both defenders sprint for block point. Punter takes 2 steps and lightly kicks the ball so it can be blocked. Defender must avoid contact with the punter.
- Second defender scoops and scores blocked punt.
- During this drill our return men are practicing catching punts from Jugs machine or coach.
- Defenders line up in their normal spot where they would align on punt block team.

Alignments We See



R4	Rush tight to outside hip and aim for block point. Secure anything that tries to cross face
R3	Line up Head up, swim inside shoulder of tackle.
R2	Line up head up, swim guard and get skinny. Most likely guy to block kick vs this schem
R1	Line up as tight to center as legally allowed. Swim center avoiding guard, aim for block point.
L4	Right tight to outside hip of tackle, aim for block point. Secure anything that crosses face
L3	Line up Head up, swim inside shoulder of tackle.
L2	Line head up. Swim outside shoulder of guard, forcing him to hopefully step out.
L1	Line up as tight to center as legally allowed. Swim center avoiding guard, aim for block point.
R	Secure football, any yards gained are a bonus.
C	Normal corner technique, spy for fakes.
C	Normal corner technique, spy for fakes.



2024

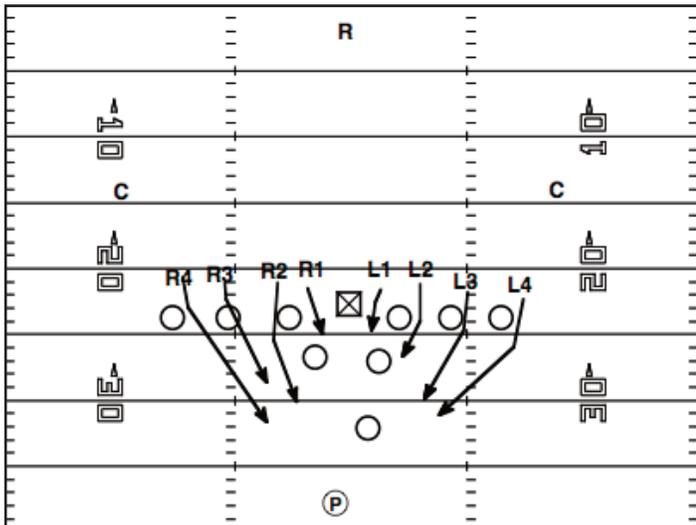
SCHEDULE

- SEPT. 7 @ ALBION
- SEPT. 14 @ ST. NORBERT
- SEPT. 21 VS GUSTAVUS ADOLPHUS
- OCT. 5 VS UW - STOUT
- OCT. 12 @ UW - EAU CLAIRE
- OCT. 18* @ UW - WHITEWATER
- OCT. 26 VS UW - OSHKOSH
- NOV. 2 VS UW - PLATTEVILLE
- NOV. 9 @ UW - RIVER FALLS
- NOV. 16 @ UW - LA CROSSE

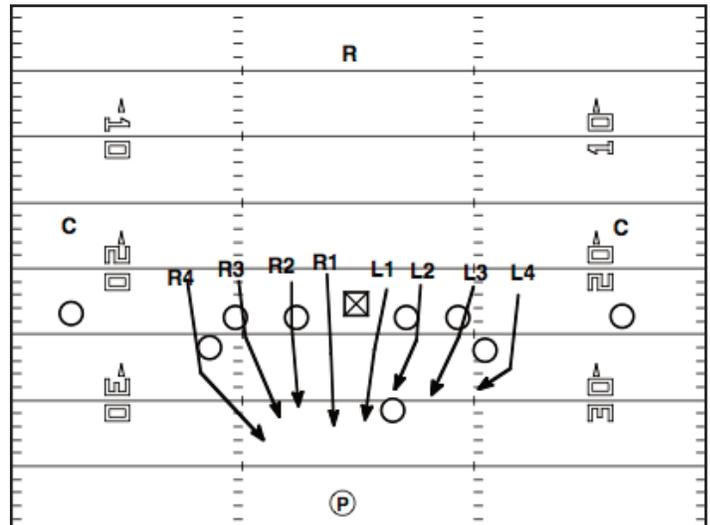
*HOME AWAY *OCT. 18 FRIDAY 7PM

#ROLLEDAWGS





R4	Rush tight to outside hip and aim for block point. Secure anything that tries to cross face
R3	Line up Head up, swim inside shoulder of tackle.
R2	Line up head up, swim guard and get skinny. Most likely guy to block kick vs this scheme
R1	Line up as tight to center as legally allowed. Swim center avoiding guard, aim for block point.
L4	Secure wing in case of fake. Rush tight to outside hip and aim for block point.
L3	Line up Head up, swim inside shoulder of tackle.
L2	Line head up. Swim outside shoulder of guard, forcing him to hopefully step out.
L1	Line up as tight to center as legally allowed. Swim center avoiding guard, aim for block point.
R	Secure football, any yards gained are a bonus.
C	Normal corner technique, spy for fakes.
c	Normal corner technique, spy for fakes.



R4	Secure wing in case of fake. Rush tight to outside hip and aim for block point.
R3	Line up Head up, swim inside shoulder of tackle.
R2	Line head up. Swim outside shoulder of guard, forcing him to hopefully step out.
R1	Line up as tight to center as legally allowed. Swim center avoiding guard, aim for block point.
L4	Secure wing in case of fake. Rush tight to outside hip and aim for block point.
L3	Line up Head up, swim inside shoulder of tackle.
L2	Line head up. Swim outside shoulder of guard, forcing him to hopefully step out.
L1	Line up as tight to center as legally allowed. Swim center avoiding guard, aim for block point.
R	Secure football, any yards gained are a bonus.
C	Normal corner technique, spy for fakes.
c	Normal corner technique, spy for fakes.

KICKOFF STRATEGIES

By: Ryan Karsten, Head Football Coach, Siren High School



Ryan Karsten

First of all, I would like to thank the WFCAs for all the wonderful things it does to positively impact high school football in Wisconsin. As well as being thankful for giving me the opportunity to share a little coaching knowledge with coaches all over the state.

Special teams are often an overlooked part of high school practice and preparation. Most coaches hate “wasting practice time” on plays that may occur only a few times a game. I used to hate practicing with our kickoff team, especially at a small school because you never get

a good simulated look for the scout team. However, giving up a kick return is a huge momentum swing that can change the game for the worse, especially if you are the kicking team. So a few years ago, I created our kicking system to limit the possibility of the returning team getting a big return and it allows us to play some back up players at certain positions on the kick off team.

I split the field into nine sections. First the field is split into 3 vertical sections, Left hash to the sidelines (Section A), hash to hash (Section B), and Right hash to sidelines (Section C). In addition, I split the field horizontally, 10 yard - 15 Yard down field (Section 1), 16 - 25 yard down field (Section 2), and 26 - 40 yard down field (Section 3). That creates 9 areas to kick the ball, A1, A2, A3, B1, B2, B3, C1, C2, and C3. We never kick deep.

I know that sounds really simple and it is except that we have different kickers for each level. I usually get a kid that doesn't play a lot and give him something to practice on his own time. We also experiment on how to kick the ball, such as helicopter spin, squib, end for end, soccer style, backspin, and knuckle ball. I let the kickers experiment and see which style they can and can not kick successfully.

Now how do we figure out where to kick it? There are a few things that go into making this decision. We take all of the following things into consideration when we determine where to kick the ball:

- 1) Kick return alignment
- 2) Kick return personnel
- 3) Weather conditions
- 4) Game score and time remaining
- 5) Who is currently on our kick team.

We look and try to exploit an area where we feel they are weakest. Do they have a freshman out there? Did they leave a hole where we think we can get the ball that gives us a chance to recover it? Can we kick it to a spot where our best tacklers can make the tackle with little to no return? We also look at who is their best returner and make sure the entire return team knows who is not to touch the ball on a return.

We huddle before sending the kick team on the field and pick a kick location. If the kick return team changes their alignment to something other than what we expected, we have hand signals to change the location of the kick in the kick huddle.

Our alignment on the field has a tackling side and a containment side. The tackling side

UW-STOUT FOOTBALL

UW - STOUT BLUE DEVILS



SUMMER 2024 DATES

CAMPS

RECRUITMENT AND COMBINE PREP CAMP

SUNDAY, APRIL 21ST, 2024

YOUTH CAMPS

TUES. & WED. JUNE 25-26, 2024

PADDED EXPOSURE CAMP

THURSDAY, JUNE 27TH, 2024

SUMMER CAMP LINK:



ALUMNI GOLF OUTING – JULY 20TH

GOLF OUTING LINK:



includes three of our best tacklers and that is the side we kick to 90% of the time. The containment side contains some backup defensive players that understand what we are trying to do on the kick team. In addition, we usually have two of our kickers on the kick team, which discourages the return team from setting up a return against a certain kicker.

I feel that sacrificing some field position for the chance to recover a kick and also sacrificing some field position to ensure we do not give up a kick return is worth it. Over the last five seasons, we have only allowed two kick returns and have recovered 14 kicks.

We have seen a dramatic improvement in our kick coverage over the last five+ years. It has

allowed us to get a little break for some of our two-way players. It keeps our younger players more engaged and it is a way to get them on the field to get a little experience on Friday nights.

Good luck on the upcoming season and if I can ever be of help, feel free to reach out via email at karsten@siren.k12.wi.us.

A SYSTEMATIC APPROACH TO SPECIAL TEAMS

By: Nick Filipiak, Special Teams Coordinator, Hudson High School



Nick Filipiak

Headed into my tenth year coaching high school football across three different programs, I've seen a lot of varied approaches to coaching. Along the way, I've witnessed different systems, different philosophies, and different visions for what special teams looks like in different places. You'll find in this article a combination of those approaches in our current approach to special teams.

Developing a Philosophy

In developing a special teams program, the first step is to establish a foundation from which to build and communicate within your football team. This philosophy needs to be established with your head coach and coordinators, and reviewed as a staff annually to make sure it aligns with the goals of your program. Ours contains three guiding principles: 1. Utilize The Depth Of Our Program 2. Maximize The Efficiency Of Our Time For Player Development 3. Establish a Special Teams Culture. These principles have guided our work on special teams, and will be illustrated in our process which follows.

Preliminary Off-season Work

One of the first steps in our process is to intentionally reflect on the positives and negatives of what we accomplished in the past season. In regards to our special teams, we have used this process to make several systematic changes that brought us to our current special teams program. After this review, focus shifts to preparations for Kicking Clinic and Contact days.

What we deem a "kicking clinic" for our student athletes is really more of an open gym type feel during the spring. We coordinate with some past program alumni to work with our current group of punters, kickers, and snappers.

The objective is twofold: our players get some work at a positional level that's not always available during the season in order to get a set of drills and skills, and get football on their mind heading into summer. The other objective is for coaches to take a preliminary look at our depth charts for specialist work in order to identify any deficiencies we might have as a program heading into the summer. Our goal for each specialist position is to have a starter, a backup, and two developmental prospects minimum. This helps prepare us so that we don't find out halfway through the season that we need to find a backup punter. This work is typically done by coordinators and/or head coach, and does not need to be a full production.

In addition, our preparation for contact days includes a more staff wide approach. We will start by meeting as a staff to discuss the upcoming season, and special teams is one section of that meeting. The most important component at this time is to define roles and responsibilities within special teams. This is really staff dependent, but our structure includes one special teams coordinator, six scheme coordinators, and five specialist coaches. (Some coaches occupy multiple positions here.) Our focus during contact days revolves around personnel identification for what we call our "Core Four" special teams. (KO, KOR, P, and PR) We then design a series of four stations that we run players through that emphasize skills required on special teams, ranging from open field tackling to open field blocking. We are looking to identify which players have the tools required to contribute on Friday nights.

Final Off-season Preparations

The next phase of our process is to hold a coaches "Special Teams Summit", where the coordinators and scheme coaches get together to discuss personnel and practice implementation. Although we have scheme coaches for field goal and field goal block, we don't include them in these personnel conversations based on the difference in demands they require. (Having a player run 4-5 kickoffs during a game is much more of a concern from an exertion standpoint than having that player block for 4-5 field goals.)

The first agenda item here is to create a list of players we feel as a staff are ready to contribute based on our contact day evaluations and past experiences. The number fluctuates with

each class, but typically we identify somewhere between 30-35 players that are ready to contribute or can be developed within the season to contribute at some point. We then balance those players between the special teams based on their skill sets, in addition to considerations for what they are playing offensively, defensively, or both. This process allows us to be intentional about how we maximize the efforts being put on the field. We want to look at our 12th best athlete on defense and see that he has the opportunity to contribute, which also takes effort of the plate of athletes 1-11. At the end of this process, each of the core four specials should have 25 or so players to start the season. Our stretch goal is to have as little crossover with our paired special team as possible, but more on that in a second.

The second agenda item is to plan out fall camp implementation. We utilize 20 minutes per day for the core four special teams, as well as 5 minutes each day for field goal and block. During fall camp, we label our days as either "Punt" or "Kick" days. A typical "Punt" day consists of two 10 minute periods spaced out in practice. The first 10 minute period is a return focus session, and the second period is a punt focused session. During the first 10, our specialist coaches will work with punters, snappers, and returners on skill development through drill work. While this occurs, our punt return coach is working through scheme installments, either with scout guys or on air. Our punt coach also should have most of his guys at his time, but because there might be some crossover, his focus is more on skill development than scheme at this time. In the second 10 minute period, it flips: punt is the focus and does scheme installment, punt return completes drill work, and specials are now ready for live work. This same process occurs the next day with our kickoff and kick return teams, and the process continues through the fall camp. This process allows us time to develop skills and schemes simultaneously in our athletes, and when done correctly, engages roughly 80% of our athletes. (The OL tends to get some additional work off to the side during these times, unless they are on a core four special.)

Game Week Processes

Our goal at the end of fall camp is to have all of our basic schemes installed and our depth charts established, which leaves us only with the game week preparation. We will start these

2024 UW-WHITEWATER FOOTBALL

CAMP DATES

COACHES CLINIC

SATURDAY | APRIL 13TH

MEGA CAMP

THURSDAY | JUNE 13TH

YOUTH CAMP

SUN - TUE | JUNE 16TH-18TH

PERIMETER CAMP

WED - FRI | JUNE 19TH - 21ST

LINEMAN CAMP

SUN - TUE | JUNE 23RD - 25TH

PASSING JAMBOREE #1

SATURDAY | JULY 13TH

PASSING JAMBOREE #2

SATURDAY | JULY 20TH



CAMP WITH THE 6X CHAMPS

weeks off with a discussion between the ST coordinator and the individual scheme coaches to plan out the week. These conversations begin with personnel discussions based on performance, breakdown of opponent film, and plans for the week. During this time our kick and kick return will plan a 10 min monday meeting with

repeats with punt and punt return coaches, but they meet Wednesday with players and plan out practice Wednesday in the same format. This allows the coordinator to update any personnel changes before the week and add special teams agendas to practice plans for the week. This is shown in Figure 1 for a Tuesday practice,

Tuesday Special Teams Practice (“Kick” Day)				
ST Period	1	2	3	4
Kickoff Team	KO Non Priority Period Player Skill Development KO Specific Drill Work		KO Priority Period Walkthrough with scout Situational Coaching Live, Low Contact Reps	
KOR Team	KOR Priority Period Walkthrough with scout Situational Coaching Live, Low Contact Reps		KOR Priority Period Player Skill Development KOR Specific Drill Work	
Specialists	Kickers Warmup	Kicking Drills	Returners do drill work, rotate in with scout team	

- Any players not on KO/KOR are with a coach lining up in scout looks for the priority periods.
- Offensive lineman are typically not included in these periods, will be working off to the side
- Field Goal session separate from these periods, done as a whole team

Figure 1. Game Week Special Teams For Tuesday (Kickoff, Kick Return, Field Goal)

players to preview the opponent and week, and we will also plan out our “Kick” practice in the same format for Tuesday’s practice. This process

which also parallels what Wednesday would look like for our punters, snappers, punt and punt return teams.

Team 1								
Script #1	KOR - Moose	Offense (x3)	PAT / FGB	KO - Away	Defense (x3)	PR - Badger	Offense (x3)	P - Vegas
Notes	Fake Bubble	Result = TD	Kick One	Scout Look	Result = Stop	Formation Shift		40m, middle
Scout Look	Bubble to 55 Middle		Edge Pressure	43211		Spread to Shield		Hudson w/ 4 going
Team 2								
Script #2	KOR - Moose	Offense (x3)	P - Boston	Defense (x3)	PR - Hudson 30	PAT / FGB	KO - Middle	
Notes	Bubble, Deep	Results in Stop	Backed Up	Results in Stop	TOUCHDOWN	Fire Call	Kick Oppo 5	
Scout Look	55 Middle		Show 8, Ding 2		Shield		4322	
Team 3								
Script #3	KO - Onside (x2)	Defense (x1)	KOR - Hands	Offense				
Notes	Right + Left	Prevent	55, 64 - 2 Balls	Victory				

POA

Figure 2. Special Teams Script for Walkthrough. (Situations Change week-to-week)

The final preparations we make on special teams include writing a script for our Thursday practice that flows similar to a game script type of progression. Each special team gets two plays during the simulated game. If we need extra reps due to a week adjustment, we will just add it in at the relevant portion of our script. The JV team typically runs all of the scout looks during this time so that all varsity starters and backups can be engaged in their roles for Friday night. During our script you will find that our JV players will align in scout formations, run scout looks, and also provide us unique situations that we can learn from on the field. In figure 2, you can see that our punt return unit is going to face a pre-snap formation change that they need to adjust accordingly, creating an authentic learning experience for our players.

Season Long Adjustments

The weekly conversations are extremely important in identifying patterns of strengths and weaknesses with coordination and implementation of special teams, as well as adjustments that need to be made based on the direction of the season. If you can divide your specials into 10 minute sessions, it makes it a lot easier to switch them when necessary. (Maybe the punt team is facing exotic looks, but the KO team is going to see the same scheme.) This process also allows you to evaluate where your personnel is at, how it is developing and aids in adjusting it on the fly. (We’ve had years where we could promote a backup, and we’ve had years where we haven’t developed and we grab from elsewhere.) In the end, establishing a process for reflecting and improving your special teams program is essential for a unit that requires so many moving logistical pieces.

At this point, we will take a look at our season holistically, and examine how our final product aligned with our goals. And start the process over again. I appreciate the time, hopefully you picked something up on the way. We do keep our entire process on a single spreadsheet, feel free to reach out if visuals would be helpful.



Contact the WFCOA office at:

Phone: 608-635-7318
 Email: office@wifca.org
 PO Box 8 • Poynette, WI 53955

OFFICE HOURS

8:00 - 4:00, Monday - Thursday
 8:00-12:00 p.m. on Friday



@WLC_FOOTBALL @WLCFOOTBALL

JOHN 15:13 SHOW LOVE | WORK HARD | SHINE



THERE'S NO

GREATER

LOVE

2024 WLC HOME SCHEDULE:

9/14	BUENA VISTA	1PM
9/21	EUREKA	6PM
10/5	AURORA	1PM
11/2	ST. NORBERT	1PM
11/16	CONCORDIA	1PM

WISCONSIN LUTHERAN COLLEGE | MILWAUKEE'S HOME TEAM

GENERAL

IS IT TIME FOR AN OFF-SEASON UPGRADE?

Rewriting Strength & Conditioning Goals to Reflect Modern Football Trends.

By: Craig Biver, MS, CSCS, ACSM-EPC, Program Director for Strength & Conditioning, UW-Oshkosh



Craig Biver

Coaching philosophies change constantly. This year's new offensive wrinkle may have seemed like voodoo even a few years ago, but coaching, like equipment, is ever evolving. There is no shortage of new strategies to be found in the myriad of coaching clinics inside and outside our own state lines. Most coaches will find a way to embed these new techniques into their own philosophies in a way which makes sense to them. But, have you taken that same close look into your strength & conditioning program? Or, have you been following the same old approach you've used for a decade?

UW-Oshkosh one of few Strength & Conditioning Majors in the Country...

"The field of strength and conditioning has seen tremendous growth over the past twenty years; strength and conditioning is now viewed as an integral part of performance enhancement, injury reduction and overall health for all populations, especially for long term athletic development at the high school level." says Craig Biver, Program Director for Strength & Conditioning Education at UW-Oshkosh. "We've developed our strength and conditioning major to fill the need for highly educated and trained individuals to provide proper training programs to athletes of all ages and abilities."

Modern strength & conditioning is equal parts per-

formance enhancement, injury prevention and recovery, and general wellness-all of which translate into athletic performance well above what we remember from the days of bigger, faster, and stronger. Gone is the slow-footed linemen, replaced by the agile 300 pounder who moves more like a ballet dancer than a power lifter. Modern sport science and the Strength & Conditioning Professional are to be credited with many of these improvements. With renewed emphasis on movement over muscle, function over bulk, strength & conditioning has turned to evidence-based outcomes to help sports teams reach their goals.

"At UW Oshkosh, we provide excellent classroom knowledge, and perhaps more importantly, hands-on clinical learning experiences throughout our program. Before they graduate every student will have more than 500 hours of real world clinical training under a Certified Strength & Conditioning Specialist." At the time of this writing, UW Oshkosh's Strength and Conditioning program is undergoing accreditation by the National Strength and Conditioning Association's accreditation board.

The Internship Experience

In their final semester, UWO students complete an internship where they learn under some of the finest professionals in the field. At places like Synergy Fitness, NX Level, Athlete Performance, and Bellin Tiletown they work in private settings to help individual athletes of all levels grow and develop. At universities like UW Madison, Marquette University, University

of Iowa, University of Kentucky, TCU and Northwestern University they work with varsity athletic teams helping prepare student athletes for Saturdays and beyond! Many of these internship opportunities lead to invitations to attend graduate school, sometimes including assistantships where a tuition waiver is included as compensation for services as a college strength & conditioning coach.

Success after Graduation

"We currently have alumni at Synergy Fitness, NX Level, Athlete Performance, Xperience Fitness, Bellin Tiletown, UW Madison, University of Tennessee, University of Pittsburgh, Macalester University, Minnesota-Duluth and Grand Canyon University, to name a few. Our alumni work with athletes of all ages in many different settings as well as general population clients in the private setting."

UWO Student/Alum Testimonials:

"It is clear to me that the mentorship I have received at this institution will remain central to the person and coach I am for the rest of my life. The faculty is the heart and soul of this program, and they have worked tirelessly to provide a welcoming and positive environment conducive to learning. I am grateful for the time I spent at UW-Oshkosh for my undergraduate degree."- Matt M, Class of 2023

As I progress upward in this field each year, I become increasingly thankful for my experiences there and the foundation that the program laid for me. As I have spoken at, guest taught, or experienced other kinesiology programs it

has become clear to me that UW-Oshkosh does a superior job of teaching both the book/CSCS prep materials but also the hands on and practical side of the field than other programs." Brenna M., Class of 2016, Current Assistant Strength and Conditioning Coach at University of Pittsburgh.

"Reflecting on my career and progress within the strength and conditioning/sports performance field, I can confidently say the University of Wisconsin-Oshkosh Kinesiology pro-



gram fully prepared me with a more than sufficient foundation of applicable knowledge. With high intentionality and a detailed curriculum, the program creates an atmosphere of constant growth and deliberate practice highly relevant to sports performance.”- Billy B, Class of 2012, Current Assistant Strength and Conditioning Coach UW-Madison.

UW-O Strength and Conditioning Internship Supervisor Testimonials:

“At the University of Kentucky, we have had several UW-Oshkosh students join our Strength & Conditioning staff as young professionals. I have always been impressed with the level of knowledge and experience those students have

in this field which I believe is a direct reflection of the quality of education they receive at UW-Oshkosh. These students are able to apply the knowledge they acquired while majoring in Strength & Conditioning, and make an immediate impact on the student-athletes we work with at UK.”-John S, Director of Strength and Conditioning, University of Kentucky.

“We have been working closely now with UW Oshkosh for the last 3 years with their SC internship program. As the owner here I could not be more pleased with the students they have sent our way. We have even brought one on staff full time and he is a major piece of our training family. The interns come prepared,

ready to be involved, and are knowledgeable. I highly recommend them for any student looking for a strength and conditioning profession.” – Scotty Smith, Owner, Synergy Sports Performance, Hobart, WI.

For more information on UW Oshkosh’s Strength & Conditioning Major...

Please share with any student-athletes who show an interest or passion in strength and conditioning, performance enhancement, or fitness. If you would like more information or have questions about our Strength and Conditioning major, please feel free to contact me directly 920-915-6493 or visit our website www.uwosh.edu/kinesiology.

PRE-SEASON CAMP INSTALL PHILOSOPHY

By: Ryan Munz, Head Football Coach, UW-Platteville



Ryan Munz

As we start to gear up for next season, we sit down as a staff and take a look at what we installed for pre-season camp and determine if it was enough to get use through the year. The thing that stood out the most was not what we installed (as our foundational system has not changed) but how we installed it. This has evolved throughout that last twelve years and although it is not the sole reason we have had continued success as a top offense in the WIAC; it surely hasn’t hurt. I would like to share with you how we install our offense in pre-season camp and why I think you will like it.

First lets talk about some of the philosophies out there:

1. Air Raid – Install everything in three days (no matter what)
2. Concepts – Install a new concept, master that concept and move on
3. As Needed – Install plays as needed, lets not overwhelm them
4. Hot Idea – Hey I saw this new play, lets install it
5. Hybrid – A little here, a little there, lets have just enough of everything

I am sure there are more, but those are some of the ways I have seen others install and fortunately, I have used all of them myself. The Air Raid seemed to forced; concepts to slow; as

needed to messy; hot idea to impulsive; hybrid to mediocre.

I wanted something that made sense to me, allowed my assistant coaches to be able to teach on their own, and gave us the comfort to know we have all our tools we are going to need in for the season.

To install our system it takes six days.

Each day is listed on a Excel Spreadsheet and broken up as follows:

Day 1 (A-Day)

- Run – Best run concept (ex. Inside/Outside Zone)
- Quick – Two best quicks
- Drop-back – Two best 5 Step
- RPO – Best RPO
- Play Action – None
- Screen – Best Screen
- Special – None
- Situational – Best 1st down call
- Formation – Top three formations
- Protections – Two protections (compliment pass game)

Day 2 (B-Day)

- Run – Complement to your best run concept (ex. Zone Read)
- Quick – Next two quicks, plus a wrinkle on one from Day 1
- Drop-back – One 5 Step
- RPO – Next best RPO
- Play Action – We install a code word that turns all pass into play action
- Screen – None
- Special – Install one special (Reverse, double pass, etc)
- Situational – Best Goal line Call
- Formation – Three more formations
- Protections – Review protections

Day 3 (C-Day)

- Run – Next Best Run Concept (ex. Power)
- Quick – Next two quicks
- Drop-back – One 5 Step
- RPO – Two RPO
- Play Action – None
- Screen – Next Screen
- Special – None

- Situational – Best 3rd and Long
- Formation – Two formations
- Protections – Next protection

After Day 3, we have installed:

- 5 run plays in
- 7 quick passing plays
- 4 drop-back passing plays
- 4 RPOs
- 5 play actions passes
- 2 screens
- 3 special calls
- 8 formations
- 3 protections
- 2 personnel groups

If you were an Air Raid guy, you would stop here. Run those plays over and over again. When we tried this once, I felt that we did not dive into as much detail with each play concept that I would have liked. I think if you were just 10 personnel, this would be doable. However, we were not able to survive that year very well in certain games and situations. About midway through the year, I felt handcuffed.

So after that year we decided to implement A-B-C days (see above). When you take a look at Day 4-6 you will notice that same thing. An ‘A’ day matches ups with an A day and so on. Meaning the play concepts you installed on Day 1 (A-Day) will be in the same family on Day 4 (B-Day). For example, we are mostly 10 personnel. Day 1 through 3 is predicated on all 10 personnel formations, etc. When we get to day 4, we revisit all of those plays out of 20 and 11 personnel.

Day 4 (A-Day)

- Run – Best H back runs (stay in the zone family)
- Quick – Two quicks
- Drop-back – One 5 Step
- RPO – Two RPO
- Play Action – None
- Screen – Next Screen (H Back)
- Special – None
- Situational – Best Short Yardage Play
- Formation – Two formations
- Protections – Next protection (H Back)

Day 5 (B-Day)

- Run – Next best H back plays (stay in the zone read family)
- Quick – Two quicks
- Drop-back – One 5 Step
- RPO – Two H Back RPO
- Play Action – Two Play Actions
- Screen – None
- Special – 2 point Plays
- Situational – Red Zone
- Formation – None
- Protections – None

Day 6 (C-Day)

- Run – Next best H back plays (stay in the power family)
- Quick – None
- Drop-back – Rest of 5 Step
- RPO – None
- Play Action – None
- Screen – None
- Special – Last play of Half/Game
- Situational – Coming out of the End Zone
- Formation – None
- Protections – None

After 6 days you have installed:

- 11 run plays
- 11 quick passing plays

- 9 drop-back passing plays
- 8 RPOs
- 7 play actions passes
- 3 screens
- 6 special calls
- 12 formations
- 4 protections
- 4 personnel groups
- 55-60 Plays

Day 7- Review (Walk Through and Test)

I feel by using this structure it allows you to have everything ready in your first week. I believe that this is critical because pre-season camp is usually two weeks before you start preparing for your first game. We have a scrimmage on Day 9, so after the review day we put a script together for Day 8 and ran through it against scout looks. I know it is just a 'scrimmage'. All that means to me is that the mistakes you make won't go on your record. It is our job to prepare our players for each competition. The scrimmage will tell you what you need to work on in week two of camp. This gives you a buffer to fix any mistakes before you start to prep for week one. From my experience, when you are fixing mistakes going into week one, you are usually defeated in week one.

It also gives you key benchmarks to use and see what your players are picking up. We always assume everyone is starting at ground zero on Day 0 – Introduction.

After Day 3, they should understand the base concepts. You can verify this in Day 4-6 by using the A-B-C method. If an offensive lineman struggles with inside zone with an H back, you either have to question his focus or you have to refocus. It also keeps things fresh for the players. You know they are in the same family, but to them, it is something new. Our guys love the special portion of the install. I feel like a parent at times telling them they have to 'eat their vegetables before they can have a brownie. (i.e a senior relearning four verticals before he gets to throw the double pass this year). It keeps it fun for everyone.

The objective as always is not to see how many plays you can or cannot get in, its how well your players are able to comprehend the information that you are giving them and how well do they respond during the game. This system has continually showed that a freshman can understand the system and a senior can master it (with previous years under his belt) in seven days. I like it because it works.

Thank you for reading. Keep Swinging The Axe!

PEPIN-ALMA'S STEWART A LEADER ON & OFF THE FIELD

Standout Student-Athlete Perseveres Through Diabetes Diagnosis

By: Screech McNeil, Reporter and Troy Ingli, Assistant Football Coach, Pepin-Alma High School



Troy Ingli

The 2022 Football season was going well for Madox Stewart and the rest of his Pepin-Alma teammates. They sat atop of the Dairyland conference with a perfect 6-0 record, with three games remaining the team looked poised to win the league title and likely gain a #1 seed in the WIAA D7 football playoffs. Stewart was leading the Dairyland in tackles from his middle linebacker spot and at 6'0 and 190 pounds, was a formidable blocker and pass catcher from his tight end spot for one of the state's top offenses.

Stewart began to experience severe cramping during the school day and often during practice and games. The pain became so severe he could hardly walk on Saturdays after the games.

Heidi Stewart, Madox's mom and experienced healthcare professional, recalled giving her son specific instructions. "We hounded him about drinking water and of course eating bananas."

The next week's game (a 42-14 win against Blair-Taylor) went by without issues. Madox chugged his water every chance he got. He caught 3 passes for 40 yards and a TD. He kicked all 6 PAT's, recorded 14 tackles and intercepted a pass on defense.

But the weekend changed the Stewart family's life forever. "That Sunday we noticed he looked thinner. A lot thinner," Heidi recalled. When we asked, he admitted to excessive thirst and then urination. "Recognizing these as signs of diabetes, I suggested we check his blood sugar. It was 470 (a normal range is around 80-120). After a brief visit in the local ER he was admitted to Mayo Rochester where he received the life changing news. Madox was Type 1 Diabetic.

Rob, Madox's father and Administrator at Alma High School coached Madox in nearly all sports through the youth levels. He recalled his feelings on that fateful Sunday.

"When Heidi took Madox to the emergency room, I was actually out hunting with younger sister Macy that evening. Heidi then called and said that I should head to Durand as the news was not the greatest. As I arrived in the Durand emergency room Sunday night, I walked in to

find my son devastated. After receiving the diagnosis that he indeed was Type 1 diabetic his mind immediately went to sports. Not knowing a whole lot about the disease at that time, his 17 year old mind went directly to believing that he would no longer be able to play sports, or if he did play, he would never be able to play at a high level. To be honest, as his father, I struggled to find the words to provide encouragement and reassurance because I didn't honestly know what sports would look like for him moving forward."

The Stewart family agreed, that night no one got a lot of sleep as Madox spent the night at Mayo Hospital in Rochester.

Rob recalled, "The next morning when I arrived at his hospital room in Rochester, one of the very first things Madox shared with me was that 5 or 6 different professional athletes play today with Type I diabetes. He and his mother had spent that evening discussing and reading about the disease. They researched how athletes can persevere. His mindset now was to 'get me out of this damn hospital as we have a football game on Friday night' AND I'm playing. In fact, I clearly remember him telling me that I'm playing Friday night and that I should tell Coach Olson and Coach Ingli to play him just like every other game. No breaks, no special treatment."

A small smile appeared on Heidi's face remembering those early days after everyone had a chance to wrap their heads around the situa-

tion. “Monday morning we met with the doctors and set the stage for how he would handle this prognosis... His team is playing in the conference championship game this Friday. He is the starting linebacker. What do we need to do to make sure he doesn’t miss the game?”

Rob continued, “I remember the doctors asking Madox about some of his short term goals that very first day at Mayo. He constantly kept referring to playing football on Friday night. Given this short time frame, you could tell the doctors were a little uncertain of this goal. They did a great job of not telling Madox no, but they also were trying to encourage him to come up with other goals. Well, he wasn’t having any of that. He has never been a man of many words, but he was clear as could be on what his goals were. 48 hours later, his medical team

was getting ready to release him from the hospital and wishing him the best of luck with Friday night’s conference championship football game and the up and coming playoffs.”

Madox admitted there were moments of doubt, especially early on.

“I guess the hard part of when I was first diagnosed was the not knowing what would lie ahead. I had to learn to make changes, but at the time I didn’t know exactly how the diabetes would affect the things that I really loved to do,” Stewart said.

Madox was discharged from Mayo early in the afternoon on Tuesday.

The Stewarts are a sports-minded family. Both Rob and Heidi have extensive coaching experience. Madox’s younger sisters Mya (17) and Macy (15) are both multisport athletes that have looked up to their big brother ever since they remembered.

“He has always been so good at everything,” Mya said of her older brother. “It is not by accident. He works so hard, and doesn’t take on anything halfway. With Madox it’s all or nothing...he is stubborn like that,” a smiling Mya stated.

When the sisters were asked if they had noticed a change in Madox last fall, Macy recalled. “He was different around the house, but not at school or on the football field. The team was doing really well. Madox was playing every play it seemed. I could tell at home he just looked really tired. He was pale and almost skinny. On the weekend we hardly saw him, as he pretty much slept all of the time,” Macy said.

“We have both looked up to him, like forever. He is a great role model. He is actually pretty quiet, but leads by example,” Macy added.

Pepin Activities Director and assistant football coach Troy Ingli. I remembered seeing Madox walk up ‘The Hill’ in Alma on Tuesday as the Eagles were in the middle of practice. “It was pretty emotional for him as he saw his

teammates preparing for the upcoming game,” Ingli stated. For the first time EVER... Madox wasn’t on the field or court with his team. “You could tell he wanted to be out there with his boys. I think most 16-17 year old athletes feel pretty much ‘invincible’. Madox was in outstanding shape both mentally and physically prior to and during the season. It was a reality check for all of us. Football is important for sure, but it is not as important as family and one’s health,” Ingli added.

The coaches worked with the family and the doctors. Madox went through a limited practice on both Wednesday and Thursday. Classmate Lawson Sterry, who was sitting out the 2022 season recovering from a summer injury, became part of Madox’s sideline ‘medical team.’ “Lawson was a big help,” Madox nodded. “He would hold my phone at practices and games because it had my monitor on it...If I was low there were like boxes and bags of snacks everywhere on the sideline thanks to my mom. My favorite sideline snack is definitely Skittles. Lawson was in charge not only making sure I had enough, but sharing with the team as well,” a laughing Madox recalled.

Madox played that Friday night against C-FC, helping his team win the 2022 conference championship.

Stewart was mostly used as a blocker from his tight-end spot that night. He did throw a 23-yard TD pass, kicked 4 extra points, and also recorded 9 tackles on defense. The 2022 football Eagles would advance to the state quarterfinals and finish the year 11-1.

With help from his family, friends, and support staff, Madox continued his success into the other sport seasons of 22-23. The Eagles won the Small Dairyland conference title in basketball where Stewart was one of the team’s leading scorers. Madox was a standout pitcher for the Eagle baseball team and led the conference in home runs.

The stage was set. He hasn’t missed a practice or game since



Madox Stewart (9) prepares to take the field with fellow football captains Demetrius Bergmann, Evan Olson, and Cainnan Mann

Stewart’s doctor, Ms. Ana L. Creo, was a big part in helping Madox and his family return

to ‘normal’ and she contributed to the story. “I encourage all students who have Type 1 diabetes to stay active. This includes athletics when possible. There are certainly added challenges for those that participate with diabetes,” Creo continued. “Exercise and stress affects everyone’s blood sugar differently. A diabetic athlete has to develop a wide range of strategies to help manage their blood sugars depending on the sport and reactions. It can be frustrating, because depending on the activity and the time of day or night it takes place, those reactions and sugar levels can spike or drop. Also, one of the biggest challenges is keeping the technology in place. Sweat, movement, pads, contact, and constant changes of direction in a sport like football may be the most difficult. It is not easy, but I think it can be worth it. Madox Stewart is a success story...and we continue to cheer him on,” Dr. Creo concluded.

“He manages it all on his own. To say we are proud of him would be an understatement,” Madox’s parents said.

Fast forward to the summer of 2023. Head Football Coach Mike Olson approached Madox about transitioning to be the teams starting quarterback for the fall, after the departure of all-conference quarterback Drew Seifert.

When asked about why he thought Madox would be a good fit for the job, Olson, in his 25th year at the helm of Pepin and Pepin-Alma football spoke with confidence. “Ever since 4th grade, the players in this class have switched positions. It is like they are interchangeable. Madox is the perfect choice to be in charge of a team. He has outstanding leadership skills and other players follow his lead. Madox has excelled wherever we have inserted him into the lineup on our teams,” Olson added. The head coach noted that Stewart played many positions, including offensive line as a freshman and sophomore.

“He is a competitor! He has great arm strength and honed his skills at a QB receiver camp with fellow senior Evan Olson this past summer. Both Olson, Stewart and the entire football crew are dedicated lifters and worked hard on agility in the off-season. It has shown on the field.”

Stewart and the 2023 version of Eagle Football, captured their second straight Dairyland title in 2023. Pepin-Alma was the highest scoring offense in the entire state of Wisconsin for all divisions. Stewart had a breakout year at quarterback, and received 1st-team all conference for his efforts. He was even better on defense. Also garnering 1st-team honors at inside linebacker, Stewart led the conference in tackles for the second year in a row, and was voted the conference’s Defensive Player of the Year. Area coaches voted Stewart as an All-District linebacker and he is in the running for an ‘All-State’ defensive team. If you ask the humble Madox

about it, he gives a wry smile and credits his teammates and coaches. One of his coaches, WFC A Hall of Fame member John Hoch, just happens to be Madox’s uncle.

“He is an outstanding high school football player. I am proud of Madox and all of his teammates,” said Hoch.

Troy Ingli, a 28-year veteran of coaching high school football recognizes talent when he sees it. “I have been fortunate enough to coach some great players in my career. Madox is a special talent. The way he reads and pursues the football is something most high school kids cannot do. His strength and agility makes him a perfect linebacker. If he wants to play college football, he will be sought after. I am guessing local college baseball guys wouldn’t mind his services either,” Ingli added.

Sisters Mya and Macy have a typical teenage relationship with their older brother. They support each other on and off the fields, courts and classrooms. And of course on the weekends and at home... well nearly all of the time. “Madox will tell you that mom and dad treat all of us equally. That is a total lie! We know he is the favorite,” a sarcastic Mya laughs.

Macy interjects. “Yes, I mean take the ice-cream situation for example.

He ALWAYS eats all of the ice cream at the house. He never gets in trouble for it. Is that fair?” The girls both giggle.

Rob and Heidi wanted to be sure that everyone who has helped Madox through this journey know how much it has meant to the Stewart family.

“We are extremely appreciative of all of Madox’s coaches, his teammates, and their parents for keeping such a close eye on Madox throughout this journey. There are no words that can express how much we appreciate their care and support. This is yet another example of what makes our small schools and communities so amazing,” said Rob.

As the football state finals approach, Madox and his school mates will be preparing for the upcoming basketball campaign. Like many small town teenagers, Madox will likely be found chasing deer or ducks when not in school or playing a sport.

According to Ingli, Madox’s story of perseverance, could be a possible help to other teens dealing with adversity. “High school years can be challenging for today’s teens on many levels. Pressures to succeed in the classroom, time management with extracurriculars, relationships, mental health and other factors push kids to the edge. I think Madox is a great example for others who might be struggling... there is a way through tough situations. Don’t be afraid to lean on others and ask for help,” Ingli stated.

Madox, seemed to shrug off the question of what he hopes others could learn from him and his experience in overcoming his diabetes prognosis. It took a bit of time for a somewhat sheepish Madox to find his final words for his ongoing journey.

“I guess I feel no one should ever be scared of a challenge they have to face. I believe any type of challenge makes you a better person in the end,” Stewart concluded.

Madox Stewart, his family, his doctors and the support staff who have gone through this journey together, all seem to be “better people” in the end.



Is your picture day a hassle? Empire Photography can help.

Your team and individual photos taken in 30 minutes or less.

No envelopes/order forms to hand out.

No print packages to distribute.

All athletes are photographed.

We bring our own bleachers.



**WE HAVE BEEN PHOTOGRAPHING HIGH SCHOOL AND
COLLEGE ATHLETES FOR OVER 30 YEARS!
JUST SCHEDULE A DATE AND TIME - WE’LL DO THE REST.**

QUALITY YOU CAN SEE!



**www.EMPIREPHOTOS.com
608-257-2941
Madison, WI 53711**

INTERACTIONS WITH OFFICIALS

By: Kevin Wopat, Athletic Director and Head Football Coach, Lourdes Academy



Kevin Wopat

I'm going to focus on a topic that fits both my activities director hat, and the football coach hat. Interacting with officials. It may seem elementary to some, but I feel this is an important topic for school personnel to understand. Game managers, chain gangs, athletic trainers, ball

boys, water boys, and of course coaches all need to have an understanding of how to appropriately interact with the officials.

Game Managers – Always introduce yourself and provide a welcoming feeling. Make sure to communicate anything that may be out of the ordinary to the officials and ask them if they need anything before, at halftime, or after. A game manager needs to be able to be neutral during the game to support the officials, regardless of how their team does.

Chain Gang – Communicate. Be polite and respectful. You're an extension of the officials on the field! Establish a connection before the game!

Athletic Trainers – Most of these are outstanding, but always introduce yourself before the game and let the officials know where you plan to be throughout the course of the game.

Ball Boys/Water Boys – Always have these individuals introduce themselves. The officials want to know who will be helping them. Encour-

age the water boys to offer water during a time-out/break. Make sure your ball boys have social skills; officials will appreciate that.

Coaches – I'm a firm believer that coaches set the tone for the entire athletic experience, regardless of sport. Thank the officials for officiating, if they don't – we struggle/don't have games. The Head Coach should set the tone for their sideline. Make sure assistants aren't chirping, and really make sure your kids just play. Following the game, thank the official on your sideline for working, win or lose. Leave them with a positive impression of your team.

Football, like many sports, is struggling with an aging population of officials. We need to take care of/appreciate the ones we have. Most officials use the experience as a release from their day-to-day life. Some are hoping to climb the ladder to work on the highest of levels. Some are doing it so teams can play. Appreciate all of them! If we do not, we will struggle to keep moving this great game forward!

LEADERSHIP FROM ALL ANGLES

By: Chad Michalkiewicz, Head Football Coach, Kimberly High School



Chad Michalkiewicz

We teach our players that leadership comes in many forms. Sometimes we choose leadership positions, and sometimes they choose us. Regardless of how we end up in those positions, we have a responsibility to act in the best interest of the people entrusted to us. Quite literally, we must serve. Anyone can do it, and in the healthiest of environments, everyone does it. Leadership can be preventive...preparing to handle adversity when (not if) it strikes, and it can also be reactionary... who will everyone look to in moments of adversity.

The past calendar year has been an absolute whirlwind for not only myself, but the entire Kimberly football program. For the program, losing who I believe to be the greatest football coach (and transformational leader) in the history of the state could have sent the train off of the rails. What I found as I was ingratiating myself into the program was that just the opposite happened. The ship was steady, and it didn't

take long for me to figure out how and why. The answer was very simple...the people. The coaches were present, the off-season program went on, and the players remained focused on their growth. There was a great deal of trust that the right people were already in place, and the process of finding a coach would lead them to the right fit. The grit, resolve, trust, and motivation displayed by everyone involved was remarkable. Again, anyone can lead.

Being a head coach for eleven years is one thing. Being the head coach of the Kimberly Papermakers is a whole different animal. It is human nature to resist change. It is common to stick with what is familiar and, dare I say, comfortable. Prior to December of 2021, coaching Kimberly football was the furthest thing from my mind. After going through the hiring process, I knew this would be a monumental task. I also knew that the people here would offer up the support needed to keep this program great. Change brings great opportunity for growth, while also allowing you to see what you are made of. I am not encouraging everyone to seek new employment, but rather open up your mind to lasting and meaningful change that can allow you to grow. Having Steve Jones go from colleague, to mentor, to friend has been one of the most impactful relationships I've ever had in my life. Inheriting a large staff of phenomenal coaches, who happen to be even better human beings, also proved to be one of the most impactful experiences of my life.

I do not believe that too many people would have anticipated our team winning a state championship this past season, even being the Kimberly Papermakers. The execution was difficult, and a huge testament to the players and coaches.

The plan, however, had plenty of simplicity within it. Always teach the why, emphasize enjoying the daily process, and work on controlling factors that are within your control. Our stated goal each week was never to win a state championship. Our goal was to get 1% better each day. Very simple...be better today than you were yesterday, wake up tomorrow and try to be better than you were today. Simple, clear, easy to self-assess. The challenge is to gain alignment with that mission. Relationships matter, and intentional building of relationships allow for teams to function at the highest of levels. Our staff kept relationships and standards with our players prior to my hiring. I did my best to build as many relationships as I could once I was hired.

We are far from perfect, and the work will never be "done", but we have simple plans and processes that our players can lean on and buy into. Hoisting the gold ball at Camp Randall is a moment that I will never forget. Our coaches and players will share in that success for years to come. That moment, however, doesn't define our season, or who we are as a program. We do our best to be in the present, right where our feet are, and enjoy what we are doing together in those moments. We always preach that "everyone matters". This is accomplished by demonstrating genuine care for people on our team. When you have a group of people that believe that to their core, the sky's the limit on what they can accomplish.

I want to thank the WFCA for the opportunity to contribute this article, as well as everyone involved in my coaching journey, past and present. I look forward to new growth in future years. Water It!



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Wisconsin Football Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2023 – August 1, 2024

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

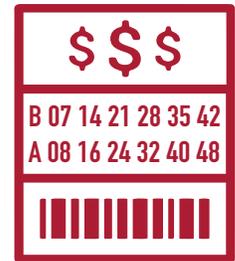
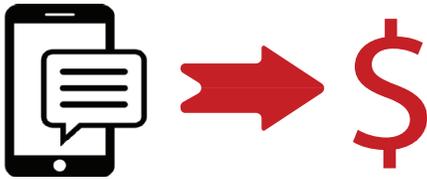
gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

WFCA SUPPORTER FOR OVER 25 YEARS!



Your #1 Discount Card and Product Fundraiser



50 Minute Donation Fundraiser

Average online support is **\$62** per transaction.

Online Store

Increases sales by **28%** outside school district; **40%** outside of state.

Sweepstakes

NFL, NCAA, MLB and more unique sweepstakes programs!



Proud Sponsor of the WFCA

UNITED FUNDRAISING has contributed over **250,000 meals, 1000's of socks/apparel, and \$10,000's in scholarships for students through your teams fundraising efforts!**
Thank you!

- ASK ABOUT:** COOKIE DOUGH • PIZZA • JERKY
• FESTIVAL FOODS CARDS CUSTOM DRINKWARE
• POPCORN • SOCKS • MORE!



CONTACT US FOR MORE INFORMATION

www.unitedfundraisingandpromotions.com • 800-313-8050



BSN SPORTS

 **FOOTBALL IS EVERYTHING**



**251 Progress Way
Waunakee, WI 53597**

**1-800-856-3488
www.indy.bsnsports.com**