

T.E.A.M. 87



WRITE yOUR OWN STORY

Team 87 - Week of 6.15 Update from Coach Fryklund:

It has been a great first week starting off to our summer schedule! The workouts have been great, and there was excellent participation at OUR offensive skills camps on Monday and Tuesday. I know that everyone is excited this next week to begin our first summer practice sessions for the investment and work in Team 87 for this fall as WE “write yOUR own story”.

Next week is filled with a number of important items on the schedule AND we have been missing a number of to-be freshman in their attendance at S/C, AND with practices next week, WE want everyone on the same page.

1) Logistics:

- a. WE ask for grace and understanding with summer practices and construction
 - i. With lots of items outside of our control, and a lack of alternative options, there may need to be practices shifted from one day to another
 - 1. WE will monitor and adjust as the routine is set up
 - ii. WE are asking STUDENT-athletes to show up at 215 to get changed, and begin the set up for practice. Once the set up is completed then WE will do some walking meetings (Since no indoor spaces)

1. Once meetings are completed, there will be a practice session for one side of the football, then a break, and then a second session on the other side of the football
 - a. Once this is completed there will be a post-practice chat, clean up, and dismissal
 - b. We plan to have all of this done by no later than 6pm
 - i. If your STUDENT-athlete can only come for a part of the session due to previous obligations please communicate and know OUR program totally understands
 2. All summer practices follow MNSHSL league rules and guidelines for duration, intensity, equipment, and acclimatization
- b. Equipment
- i. Has begun to be distributed, please make sure to take care of the tasks required to obtain your equipment as there is a procedure
 1. Items not returned, or not returned in the same condition, will need to be replaced and these items can have large price tags
 - a. Helmets – Approximately \$350
 - b. Shoulder Pads – Approximately \$200-500 depending on style and model
 - c. Guardian Caps – Approximately \$100
 - i. STUDENT-athletes attending camps that require helmets **are expected** to wear these at those events
 - d. Practice jerseys – Approximately \$30
- c. Communication
- i. WE do our best to communicate
 1. STUDENT- Athletes – HUDL, and Schology for grades 10-12
 - a. There is also a whiteboard outside of the weightroom that has the weekly schedule AND the week after that schedule for them to see each day
 - i. Please look at it!
- d. Looking ahead to fall
- i. There will be a freshman team, sophomore team, and Varsity team
 1. Some opponents will choose to play their JV against our sophomore team

- a. The sophomore team may be supplemented with certain positions for juniors or seniors as needed
- 2. There will be no scheduled team activities or events on the weekends this fall
 - a. Allows flexibility for families and STUDENT-athletes to have a part time job, travel, etc.
 - b. Monday and Tuesdays will be a later finish because of this

2) The Week ahead:

a. Communications

- i. Booster Hub – All STUDENT-athletes should have an account set up AND they need to go into their email and accept it to receive invitations
 - 1. If this has not occurred then please double check to stay up to date
- ii. STUDENT-athletes should check HUDL and Schoology (10-12) for updates
- iii. Please reach out with questions or concerns as soon as they arrive

b. Schedule

- i. Sunday the 15th
 - 1. Harrison Phillips Playmakers camp
 - 2. A few more volunteer spots have opened for those interested
 - 3. Please arrive by 130pm for tasking and procedures and locations
 - a. Bring great energy for a great cause with great people
- ii. Monday the 16th
 - 1. AM – Lifting cancelled due to construction / water shut off until noon. Enjoy your extra sleeping in time!
 - 2. PM – Practice #1 (215 arrive – 6pm complete)
- iii. Tuesday the 17th
 - 1. AM – Morning S/C
 - 2. PM – Practice #2 (215 arrive – 6pm complete)
- iv. Wednesday the 18th
 - 1. AM – Morning S/C

2. PM CARD SALES ARRIVE AT 5pm

- a. MUST HAVE ALL HANDS ON DECK FOR THIS FUNDRAISER THAT IS CRITICAL FOR THE PROGRAM**

b. Pizza and water provided before going to assigned areas

c. Need adult drivers to assist

v. Thursday the 19th

1. Observation of June-teenth holiday

vi. Friday the 20th

1. Strawberry Fest activities

a. There will be a need for volunteers

b. Please check Booster Hub for tasks and times

vii. Saturday the 21st

1. Arrive to Crossroads Church at 930-945 am for Strawberry Fest Parade in Park Football attire, and bring some candy to distribute along the parade route

2. Dunk tank and other activities at Booth at Strawberry Fest

a. WE will need volunteers, please check BoosterHub for tasks and times

3) For Freshman families and STUDENT-athletes **(BUT PLEASE EVERYONE READ)**

a. Please help us spread the word and show up, as of now only 15-20 of our future freshman members have been showing up to S/C and spring practices, this means WE are missing about 20-30 other members

i. To remove any hurdles with rides, please let Coach Fryklund know and I will coordinate potential transportation with juniors and seniors that do drive

ii. To remove issues with communication and calendars

1. Team Website:

<https://phsfootball.boosterhub.com/home/10128>

2. Ms. Shannon Weisbrod, our booster secretary and parent of incoming freshman Nolan, will assist in getting people signed up on Booster Hub after practice on Monday

a. Parents must create account for themselves, and other parents, AND their STUDENT-athlete

i. AND everyone must accept that invitation on their email or it will NOT send information to you

3. Coach Kael Bacon (our freshman head coach) & Coach AJ Croucher (our freshman offensive coordinator) will:

a. Be adding incoming freshman to HUDL, our online platform for communicating with them

- i. It is a free app on their phone, and they should check it as new information comes out
 - b. If there are issues with financing, do not let that stop participation from occurring with S/C or booster club items
 - i. WE will not have money be a reason a family or STUDENT-athlete cannot participate, however WE do need to know this AND
 - ii. Booster Club has various payment plan options available and are listed on the Booster Hub site
 - 1. Reach out to Coach Fryklund (rfryklund@sowashco.org ; 651-245-0034) if existing options are going to be financial hardship to your family
 - 2. Coach Fryklund has printed folders and commitment forms for anyone still needing to review those or sign those
 - a. This is a part of the process to obtain equipment for summer practices
 - iii. If there are issues with financing payment for Summer S/C, there is a process the district uses
 - 1. Please also reach out to Doug Staley (dougstaley@competitivefitnessllc.com) and he can assist as well
 - c. WE understand that summer is a busy time for everyone...
 - i. People have trips, play club sports, have family events, etc
 - 1. WE ask for communication when the STUDENT-athlete is missing
 - ii. The expectation is for STUDENT-athletes to come to summer practices, and summer S/C
 - 1. Programs can be modified for athletes with practices or games later in the day, or before/after large events
 - 2. Your STUDENT-athlete will perform better by coming to S/C AND build camaraderie with their teammates AND the program needs help at various events through the summer
 - a. WE NEED EVERYONE
- 4) Looking further out to the week of 6.22
 - a. Monday 23rd
 - i. Lifting and Practice 3
 - b. Tuesday 24th
 - i. Lifting and Practice 4
 - c. Wednesday 25th

- i. Lifting and Practice 5
- d. Thursday 26th
 - i. Lifting and Practice 6
- e. Sunday 29th
 - i. First 7 on 7 for grades 10-12
 - ii. 5pm arrival against Woodbury, St. Paul Johnson, Roseville