

T.E.A.M. 87



WRITE yOUR OWN STORY

Team 87 - July Update from Coach Fryklund:

Fantastic effort on getting to this point in the summer and being “All in” with the work WE have done. WE have had 10 practices with ourselves, 1 practice against another team, 3 7 on 7 sessions, and almost 40 S/C sessions!!! With the focus on Technique, Effort, Attitude, and Mentality, I know that T.E.A.M. 87 took large strides in learning and executing our new schemes on offense and defense and I look forward to seeing the season ahead.

I want to thank the boosters, the parents, the managers, and the STUDENT-athletes for their time, talent, and treasure. The Tait family also deserves a HUGE round of applause for letting us fill up our waters at their home all summer.

While there is only one week left in July, there is important information here to review. On that note, if you have not already gone into your email to accept the Booster Hub invitation, or you have not signed up on Booster Hub, please do so ASAP. The older information is in black, and new information is in red. Please take the time to review all of this document.

Team 87, “work wins” and this month has some in front of you. Make the choices that are productive as all of us strive to “write yOUR own story”.

1) Logistics:

- a. WE ask for grace and understanding with August practices, team events, and construction and weather
 - 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
 - 2. While there will be a two-a-days scheduled shared this could change to be from what it was last year (mornings and afternoons) to something accessing more field space (afternoons and evenings)
- b. It is important for nutrition, hydration, and sleep for ALL STUDENT-athletes
 - i. Sleep
 - 1. This is so so so so important I am listing it first
 - a. Sleep is what bodies, and minds need to recover and without it OUR performance will not be adequate
 - 2. Phones off at 930, ten toes up at 10
 - ii. Hydration
 - 1. Drink a large glass of water before bed, with a pinch of salt in it
 - 2. The general rule is to drink 2/3 to 1oz of water per pound of bodyweight and with the heat and effort this is critical
 - iii. Nutrition
 - 1. See food eat food! – While we will provide nutrition and sandwiches, it is important for STUDENT-athletes to eat a good breakfast, a bed time snack, and put in healthy foods as the type of fuel WE put in will impact the performance WE put out
 - 2. Eat proteins, complex carbohydrates, fruits, and vegetables
- c. 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
- ii. Freshman that have completed their registration on booster Hub, turned in their commitment forms to Coach Fryklund, or Coach Bacon and have completed the other required steps will begin to be issued equipment the week of 7.7
 - 1. This will allow us to ensure the acclimatization process for the freshman team as they work to build toward a practice with some contact towards the end of July.
- iii. Practice pants will be distributed
- d. Communication
 - i. WE do our best to communicate
 - 1. STUDENT- Athletes – HUDL, and Schoology 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!
 - 2. Please also accept the Booster Hub invitation in your e-mail
 - a. Sign up on Booster Hub if not already done so
- e. District Registration
 - i. On July 15th, the district will open up registration for fall sports
 - 1. ALL STUDENT-athletes MUST have a valid sports physical on file or they will not be allowed to register
 - a. Please contact the activities office for questions on this
 - b. If you need a sports physical, Target, CVS and other locations have options for them if you cannot arrange a visit with your primary care provider.
 - 2. While students can participate in summer practices without this step being completed, ONLY families that have completed the district registration will be allowed to practice on the first day of football (August 11th).
 - a. Those waiting to get registered after this date may be unable to participate in the first game of the season as the MN State HS League has a required amount of practices and rules in place regarding what needs to be accomplished before a STUDENT-athlete can compete

- i. Simply put, take care of registration sooner rather than later
- ii. Simply put, once WE begin on 8.11. missing practice jeopardizes playing time

f. HUDL

- i. This is an online platform for messaging, and film
 - 1. Review the film to get more mental reps and improve yourself and OUR team

ii. Coaches will send out messaging and film corrections, and members of T.E.A.M. 87 are expected to spend time reviewing these items

g. Looking ahead to August and 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

- 3. With construction, football has lost the “practice field” and the soccer team has lost “the JV field” this could lead to practice times being shifted or locations being shifted as Park High School has lost 2 fields for 2 sports. This is especially significant when considering the days that boys and girls soccer are allocated the stadium and turf for practices and games

- a. Be prepared in case our scheduled practice times need to move for better field access as there will be 3 sports, with over 100 members each on 2-3 fields.

- ii. Once we begin on August 11th, we enter an extremely busy two weeks of “two-a-days” the schedule will be coming out later, and may need to be adjusted due to construction, or weather, or other items outside of our control, so WE ask for grace here as well.

1. There will be a scrimmage hosted in Cottage Grove on Saturday, August 23rd against Hastings, Cambridge-Isanti, and Rochester Mayo
 - a. Grade 11/12 will have their scrimmage inside of the stadium
 - b. Grade 10 will have their scrimmage on the freshman game field
 - c. Grade 9 will have their scrimmage at either Hamlet Park or Cottage Grove Middle School
 - i. Details will follow later as plans are finalized
2. While there are practice times that will be listed there are also items before or after practices on these nights
 - a. Generally, the times were noon-2pm for practice, a 2 hour recovery break, and then a 4-6pm practice
 - i. Again, this schedule may need to be adjusted for a variety of reasons outside of the control of the football program with construction or weather
 - b. WE could use some parent assistance in feeding T.E.A.M. 87 with sandwiches on the two practices days

3. Fundraisers and Camps

- a. It is critical for us to have ALL hands on deck for these items as fundraising is the lifeblood of the program
 - i. There will be an email and phone-a-thon fundraiser that WE hope to raise \$30,000 in, please begin to prepare 25 quality contacts to assist in this goal
 - ii. There will be more card nights over doubles where WE give pizza and then groups are sent out door to door in neighborhoods. We use this to raise about \$20,000
 - iii. There is a golf tournament on 8.22 that WE work and participate in that is a 50/50 split with OUR youth organization, Cottage Grove Wolfpack Football
 1. Please donate items/services/experiences for a class gift basket for silent auction

2. Please sign up to assist in working this event if able
 - b. WE have a youth camp this week on Monday, Tuesday, and Wednesday from 5-830pm
 - i. There will be over 400 K-8 campers that WE need to give a great experience to
 1. Learn their name, make them love football, make them love you!!!
- 2) The final week of July and Prep for August
- 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 for the Week of 7.27
 - i. Sunday, 7.27
 1. Final 7 on 7 against East Ridge, St. Paul Johnson, and St. Thomas Academy
 - a. Arrive at 5pm, enter on Ideal Avenue.
 - b. Parent meeting at 515pm
 - ii. Monday the 28th
 1. AM – Morning S/C
 - a. Varsity offensive walk through on own
 2. 5pm Report – Kids Camp Day #1 – EXPECTATION TO ATTEND
 - a. 1-4th is fundamental skills
 - b. 5-8th is installation of offense
 - iii. Tuesday the 29th
 1. AM – Morning S/C
 - a. Varsity offensive walk through on own
 2. 5pm Report – Kids Camp Day #2 – EXPECTATION TO ATTEND
 - a. 1-4th is fundamental skills
 - b. 5-8th is installation of offense
 - iv. Wednesday the 30th
 1. AM – Morning S/C

- a. 10-12 defensive walk through with Coach McCarthy after

2. 5pm Report – Kids Camp Day #3 – EXPECTATION TO ATTEND

- a. 1-4th is fundamental skills
- b. 5-8th is installation of offense

v. Thursday the 31st

1. AM – Morning S/C

- a. Varsity offensive walk through on own

c. Captain's Practices

- i. The captain's run these items, not Coach Fryklund, please have your STUDENT-athlete contact them for days/times

d. Coach Fryklund will be out of town from 8.31-8.11

- i. Enjoy your time off