

T.E.A.M. 87



WRITE yOUR OWN STORY

Team 87 - July Update from Coach Fryklund:

It is hard to believe that June is already over, and that July is upon us. I want to thank everyone that came out for the six practices that WE had in June, and our first experience at 7 on 7 against Woodbury and Johnson. 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.

I also wish to acknowledge the boosters for their work to ensure continuity of practices, and their support in securing M Health Fairview for our final four sessions as otherwise the weather would have precluded us from getting in our needed work to round out June.

July is a month that has A-LOT of activities in it, and as such it goes quickly. Please ensure that WE read through all of these items to ensure that you are up to date on all happenings Park Football. 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 summer 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
 - 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
 - 3. Let's do what we can to help get OUR incoming freshman class to come out to these practices

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

- 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.

c. 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

d. 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

e. 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
- f. 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 this could lead to practice times being shifted or locations being shifted especially when considering the days that boys and girls soccer are allocated the stadium and turf for practices and games
 - 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
- 2) The Month Ahead: Since July is non-stop action, and it goes by quickly, I have included all of the information here.
 - 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 7.7
 - i. Monday the 7th
 - 1. AM – Morning S/C
 - a. Varsity offensive walk through on own
 - ii. Tuesday the 8thth
 - 1. AM – Morning S/C
 - a. Varsity offensive walk through on own
 - iii. Wednesday the 9th
 - 1. AM – Morning S/C
 - a. 10-12 defensive walk through with Coach McCarthy after
 - iv. Thursday the 10th
 - 1. AM – Morning S/C
 - a. Varsity offensive walk through on own
 - v. Sunday the 13th
 - 1. 7 on 7 at Park HS
 - a. Arrive by 5pm sharp to warm up
 - i. Skills will install pass game items
 - ii. OL/Y will work footwork, review, and pass game items
 - iii. Schools attending: STA, Apple Valley, Woodbury, East Ridge, Prescott WI, Park

- b. Game 1 against Apple Valley on freshman game field
 - c. Game 2 against STA on turf, scoreboard end
 - c. Schedule for the Week of 7.14
 - i. Monday, the 14th
 - 1. AM – Morning S/C
 - 2. PM - Practice #7 at Park HS
 - ii. Tuesday the 15th
 - 1. AM – Morning S/C
 - 2. PM – Practice #8 at Park HS
 - iii. Wednesday the 16th
 - 1. AM – Morning S/C
 - a. Varsity Defensive Walk Through with Coach McCarthy after 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 STUDENT & adult drivers to assist**
 - iv. Thursday the 17th
 - 1. AM – Morning S/C
 - 2. PM – Senior Banner photos
 - a. Arrive to Park by 130pm
 - b. Time is dependent upon how long it takes STUDENT-athletes to get ready & photos needed/asked for
 - 3. PM – Seniors Only gathering at Coach Fryklund's
 - a. Will coordinate details with seniors on this
 - v. Sunday the 20th
 - 1. 7 on 7 at Park HS
 - a. Arrive by 5pm sharp to warm up
 - i. Skills will install pass game items
 - ii. OL/Y will work footwork, review, and pass game items
 - iii. Schools attending:
 - 1. East Ridge, Woodbury, Park, Prescott WI, Apple Valley, Eagan
 - b. Game 1 on freshman game field against Eagan
 - c. Game 2 on freshman game field against Prescott WI

d. Schedule for the week of 7.21

i. Monday the 21st

1. AM – Morning S/C

- a. Varsity Offensive walk through after

2. PM – Practice 9

ii. Tuesday the 22nd

1. Morning S/C

- a. Varsity Offensive Walk Through after

2. PM – Practice 10

iii. Wednesday the 23rd

1. Morning S/C

- a. Varsity defensive walk through with Coach McCarthy after

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 STUDENT & adult drivers to assist**

iv. Thursday the 24th

1. 10-12th Joint Practice:

- a. Grades 10-12 will arrive to Park HS at 7am
- i. There will be two buses and one trailer to take TEAM 87 over and then compete against New Richmond HS, and Somerset HS
- ii. Drive back will begin around 1130-noon
- b. Will be back at about 1pm
- c. FRESHMAN WILL NOT BE COMING

v. Sunday the 27th

1. 7 on 7 at Park HS

- a. Arrive by 5pm sharp to warm up
- i. Skills will install pass game items
- ii. OL/Y will work footwork, review, and pass game items
- iii. Schools attending: STA, East Ridge, Johnson, Park
- b. Game 1 on scoreboard end of turf against the Raptors
- c. Game 2 on scoreboard end of turf vs Johnson

- 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
 - 4. Getting onto HUDL
 - 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