

# Agenda for the Evening

- Wolfpack Athletic Parent Video
  - 2024 Wolfpack Athletics Parent Video
- Coaches Introduction
- Trainer & Team Physician, Coach Staley
- Non-negotiables and team rules
- Why, How, What
- Core Values, Pillars, and Standards
- Senior Created Goals and Standards
- Overview of Schedule
- August and In-Season Schedule
- JV Importance, and Lower Levels
- Student – Athlete
- Expectations, Purpose of High School Sports
- Being self-less
- Accountability
- Fundraising, Donations, Fees, Apparel
- Booster Club Presentation
- Coming Full Circle

# Rapidly Approaching & A Request for Assistance

- Recruiting Profiles
  - If you wish to have your STUDENT-athlete be included then send Coach Kahlen Boich your stuff this week!!!
- Spring Football
  - Begins on 4.6 and is a great way to coach up the younger members of the program AND reconnect with your team AND coaches AND see our new techniques, schemes, drills
  - Expectation to attend
- Interested People to Assist
  - Statistician for Varsity Football Games
  - Filmer for Scrimmages and Games
  - Volunteers for the many different items that are needed to run our program
    - Do what you like to do!
    - Do what you are good at!
    - Many hands make light work





2025  
**PARK**  
**FOOTBALL**

GRILL + BAR

**APRIL  
26TH**

**8 AM -  
10 AM**



**\$12 PER  
PLATE**

**PANCAKE BREAKFAST**

**COTTAGE GROVE APPLEBEES**

**WOLFPACK**  
FOOTBALL GOLF & CORNHOLE CLASSIC

COTTAGE GROVE WOLFPACK & PARK FOOTBALL

**River Oaks Golf Course in Cottage Grove**  
**Friday, August 22nd, 2025**

Golf Begins at Noon (Check-In 11am)  
Cornhole Begins at 2pm | Dinner Begins at 5:30pm | Silent Auction/Raffle Begins at 6pm

**GOLF**

**\$440 / PER FOURSOME**

**\$110 / PER PERSON**

INCLUDES

Green Fees

Cart

Dinner

Hole Events

Prizes

**BAGS**

**\$50 / PER PERSON**

**\$100 / PER TEAM**

INCLUDES

Tournament Fees

Dinner

Prizes

**9-HOLE  
& BAGS**

**\$110 / PER PERSON**

INCLUDES

Green Fees

Cart

Dinner

Hole Events

Bag Fees

Prizes

**REGISTER ONLINE**

[CGAAFOOTBALL.ORG](http://CGAAFOOTBALL.ORG)

**100% OF THE PROCEEDS BENEFIT**  
Cottage Grove Wolfpack and Park Wolfpack Football



**SPONSORSHIP OPPORTUNITIES AVAILABLE**

Which include the Wolfpack Classic





THE ROUGH  
SIDE OF THE  
MOUNTAIN



IT  
CAN'T  
BE





**I COACH YOU**  
because I care about you

**I CHALLENGE YOU**  
because I believe in you

**I EXPECT YOUR COMMITMENT**  
because I know your family and job will

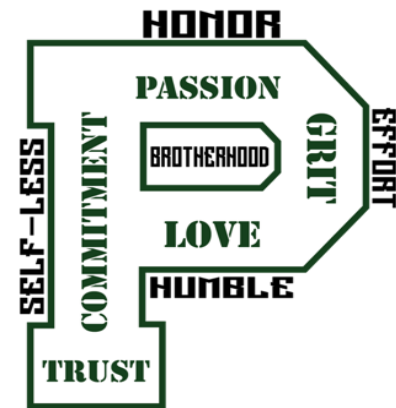
**I HOLD YOU ACCOUNTABLE**  
because life will hold you accountable



# Why We Play



Welcome to the  
2023-2024  
School Year







# The role of a football program



- “The football program should be an integral part of the education of the student athlete. Football is a tool to be used to better the lives of all people who take part in our program. Like any tool, what the football program creates is dependent upon the craftsman. Because of the popularity of football, it is a unique tool in education today. It influences the values of the coaches, administrators, players, teachers, parents, families, alumni, and fans that participate. As we work toward success let us remember that our role as teachers and our responsibility to use football to help all parties achieve their highest potential.”

– Lou Tepper

# LEGACY

"After all the cheers have died down and the stadium is empty...

After the headlines have been written, and you are back in the quiet of your room...

And the championship ring has been placed on the dresser...

And after all the pomp and fanfare have faded...

***The enduring thing that is left is the dedication to doing with our lives the very best we can to make the world a better place in which to live***



# Introduction of Coaching Staff

- Coaches

- Jeff Plaschko
- Mike Rand
- Kahlen Boich
- Zach Hemmingson
- Andrew Brooks
- Rob McCarthy
- Elliot Drake

- Coaches

- Tim Walton
- Armando Abla
- AJ Croucher
- Kael Bacon
- 1SGT USMC Ricardo Santos
- Aimee Omot '18
- Barry Dillard



# Trainer and Safety

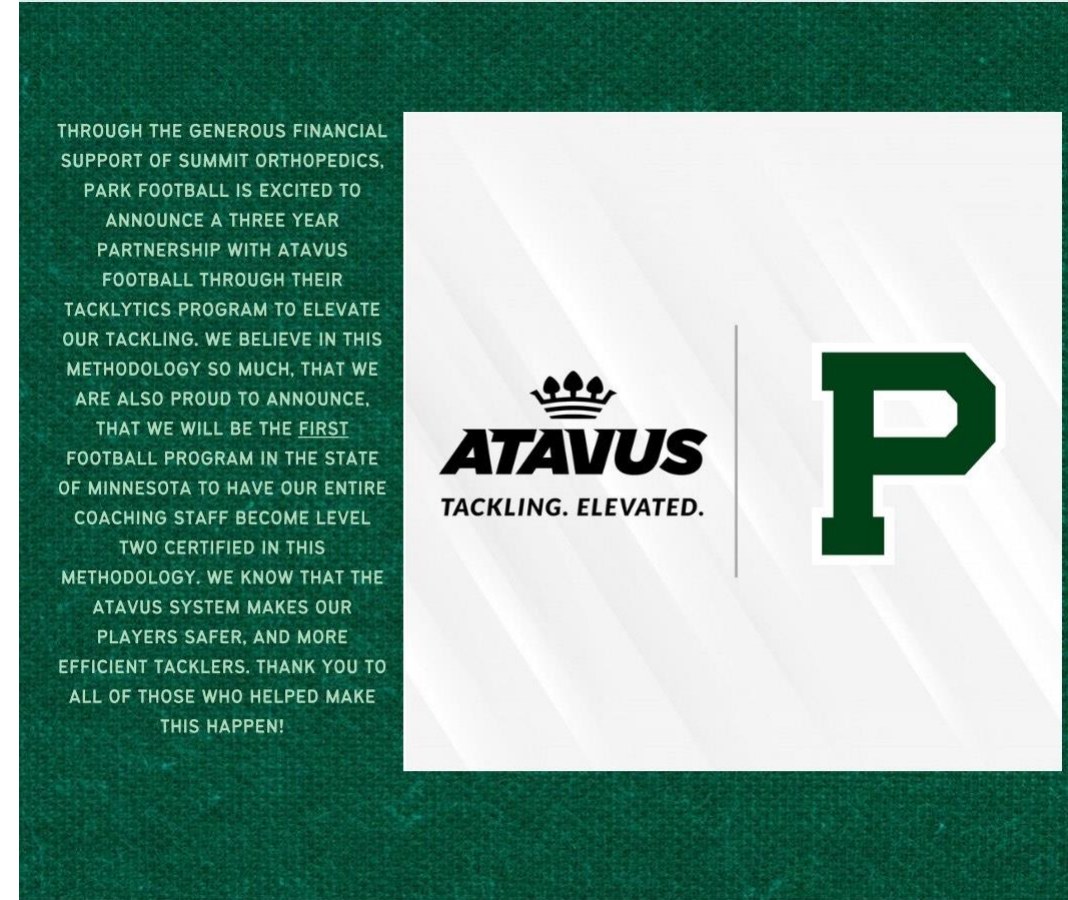
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- Dr. Klimstra, Team Physician
- Before I begin, I want to mention our trainer Melissa Haupt. She will be the first person who, if your son has an injury or illness, she will be the first line of treatment.
  - **Her word is FINAL on injuries and when a player can return**
  - **If you see a doctor, then your son cannot return to play without a doctor's note that says as much, and even then the student-athlete must still be cleared by her**
- Concussion Issues & Best Practices (return to play protocol and baseline testing, mouthguard, neck strengthening, stats/studies)
- Check with Activities office ASAP on this to make sure your physical will be up to date for the whole season
  - Helmet fitting with haircuts
  - Baseline Testing being updated / improved / simplified
  - Research studies posted on SportNgin page, Aggregate data will be shared upon request for Guardian Caps
  - **NO FREE SPORTS PHYSICALS THIS YEAR**



# Partnership: Park Football, Summit Orthopedics, ATAVUS

- Through the generous financial partnership with Summit Orthopedics, we are proud to announce a 3 year partnership with ATAVUS Tackling
  - **FIRST** program in the state of MN to have all coaches certified to be a level 2 ATAVUS Tackling Coach
    - We take player safety very seriously, and this reflects that commitment
  - CORE program – 3<sup>rd</sup> year



# Partnership: Park Football, Guardian Caps

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- First 6-12 program to wear Guardian Caps in all practices and games
  - We take player safety very seriously, and this reflects that commitment
  - Data we have is compelling



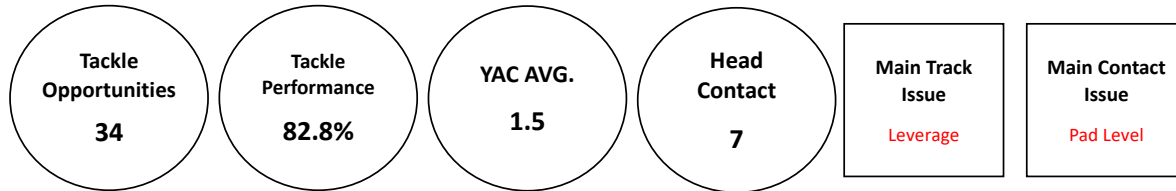


# ATAVUS Reports



## NNHS Team Report

September 11, 2020 – Game vs. EMHS



	Tackle Opportunities	Tackles Made	Tackle Performance	Dominant	Effective	Poor	Miss	Total YAC	YAC Average	Head Contact
Overview	34	31	82.8%	3	21	7	3	50	1.5	2
DL	10	9	62.5%	0	6	3	1	18	1.8	1
LB	14	13	86.9%	3	7	3	1	23	1.6	1
DB	10	9	79.4%	0	8	1	1	9	.9	0



## NORMAN NORTH HS TEAM REPORT

SEPTEMBER 28, 2020 - GAME 3 @ MUSTANG HS



- ATAVUS INSIGHTS:**
- Team: Big focus on body height and angles this week. Players struggled to drop their body height resulting in multiple head contacts and extra YAC
  - LB and DB's: Focus on watching the near hip into contact, multiple misses and big YAC were do to overrunning the ball carrier or taking poor angles
  - During tackle drills, have the players start in a block or engage just before the drill starts to work on transitioning from an obstacle to tracking a ball carrier

VS	YUKON HS	MUSTANG HS	SEASON TOTALS/AVG'S
W/L	LOSS	WIN	1-1
PTS ALLOWED	41	14	27.5
TACKLE OPPS	0	71	35.5
TACKLES MADE	0	50	25.0
% MADE	0%	68%	30.3%
PERFORMANCE RATING	0%	56%	24.8%
DOMINANT	0	1	0.5
EFFECTIVE	0	40	20.0
POOR	0	9	4.5
MISSED	0	21	10.5
TOTAL YARDS	396	275	335.5 Yds
YAC	168	149	158.5 Yds
YAC AVG.	0	3	3.2
SHLDER CONTACT %	34%	32%	32.7%
HEAD CONTACT %	11%	10%	10.3%

# ATAVUS Reports

Tackle Plan for next game

Practice: all - Positions: all

**Practice 1: Drill 1**  
Team Circuit

**Sideline Tackle Choice™**

● Decision Making, Tracking/Contact

**PURPOSE**  
Focus on decisions needed to adjust speed and footwork while closing space into contact

**Practice 1: Drill 2**  
Team Circuit

**Close Space Choice™**

● Decision Making, Tracking

**PURPOSE**  
Focus on decisions needed to adjust speed and footwork while closing space into contact

**Practice 1: Flex Drill**  
Team Circuit

**Two Score Angle Game**

● Game Based, Tracking/Contact

**PURPOSE**  
Create contact at an angle by closing space, striking with correct shoulder, driving off near foot, and keeping the ball carrier to one shoulder

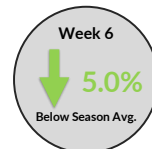
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**AD DASHBOARD**

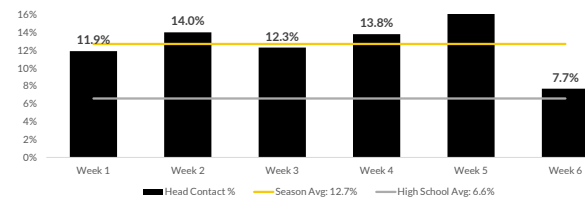
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**ATAVUS FOOTBALL**

## HEAD CONTACT SAFETY DATA



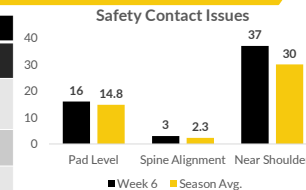
	Week 6	Season Avg.	Season Total
Tackle Opportunities (w/ Contact)	182	150.3	902
Head Contact	14	19.2	115
Head Contact %	7.7%	12.7%	12.7%



## TACKLE SAFETY DATA

**Tackle Safety Overview**

Safety Issue	Week 6	Season Avg.	Season Total
No Safety Issues	126	103.2	619
Safety Issues	56	47.2	283
Non-Contact	17	9	54



**ATAVUS FOOTBALL**

**NORMAN NORTH HS PLAYER REPORT**

SEPTEMBER 28, 2020 - GAME 3 @ MUSTANG HS

	PLAYER	TACKLE OPPORTUNITIES	DOMINANT	EFFECTIVE	POOR	MISSED	TOTAL YACS	YACS AVG	% MADE	HEAD CONTACT	
DL	#61	1	0	1	0	0	0	0.0	100%	0	75% GAME 75.0% SEASON
	#62	2	0	2	0	0	0	0.0	100%	0	
	#67	6	0	4	0	2	1	0.3	67%	1	
	#90	2	0	2	0	0	0	0.0	100%	0	
	#92	5	0	3	0	2	14	4.7	60%	0	
LB	#5	7	0	4	1	2	3	0.6	71%	0	55% GAME 54.5% SEASON
	#6	9	0	4	1	4	47	9.4	56%	1	
	#7	5	0	3	2	0	6	1.2	100%	0	
	#35	7	0	4	1	2	9	1.8	71%	1	
	#43	5	0	3	1	1	24	6.0	80%	2	
DB	#3	1	0	0	0	1	1	0	0%	0	50% GAME 50.0% SEASON
	#4	8	0	5	0	3	14	2.8	63%	0	
	#10	5	0	1	3	1	14	3.5	80%	1	
	#20	6	1	3	0	2	7	1.8	67%	0	
	#22	2	0	1	0	1	3	3.0	50%	1	
TOTALS	DL	16	0	12	0	4	15	1.3	75%	1	
	LB	33	0	18	6	9	89	3.7	73%	4	
	DB	22	1	10	3	8	39	2.8	64%	2	
	TEAM	71	1	40	9	21	149	3.0	70%	7	

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THE ROUGH  
SIDE OF THE  
MOUNTAIN



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BE





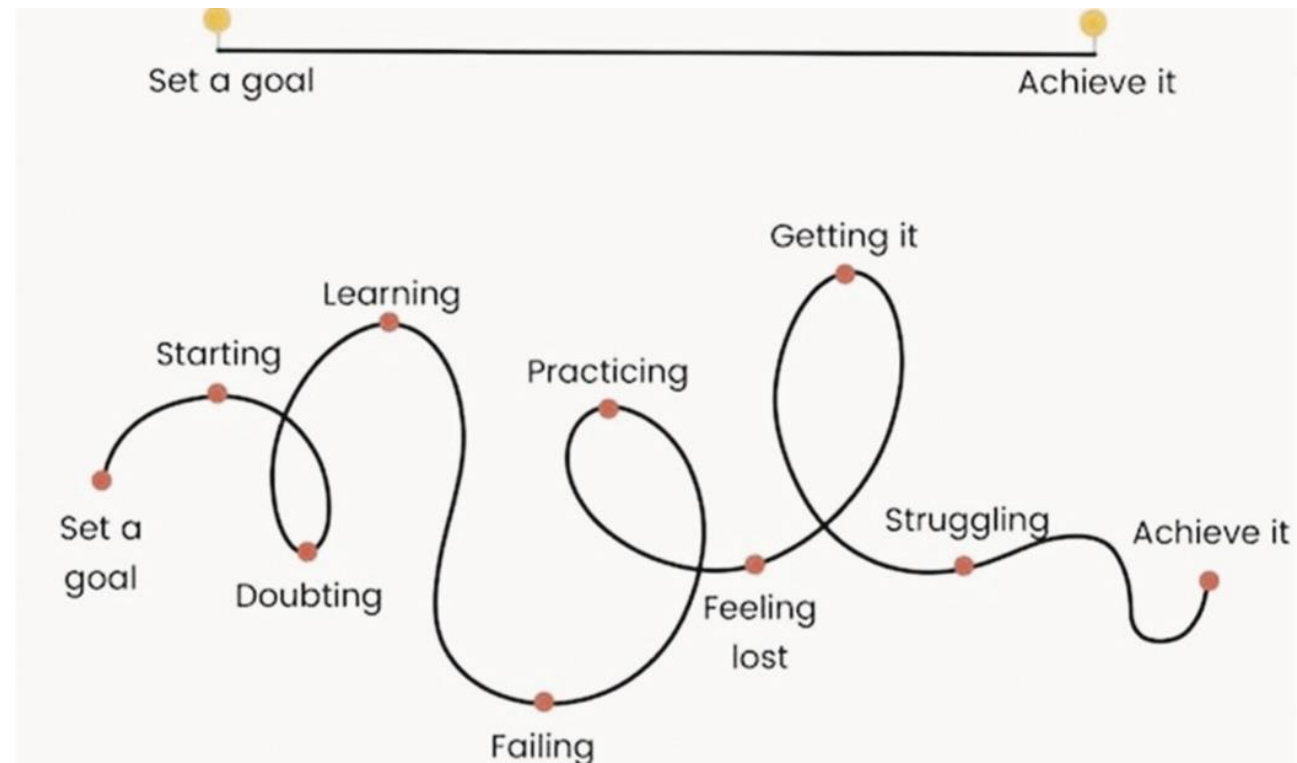
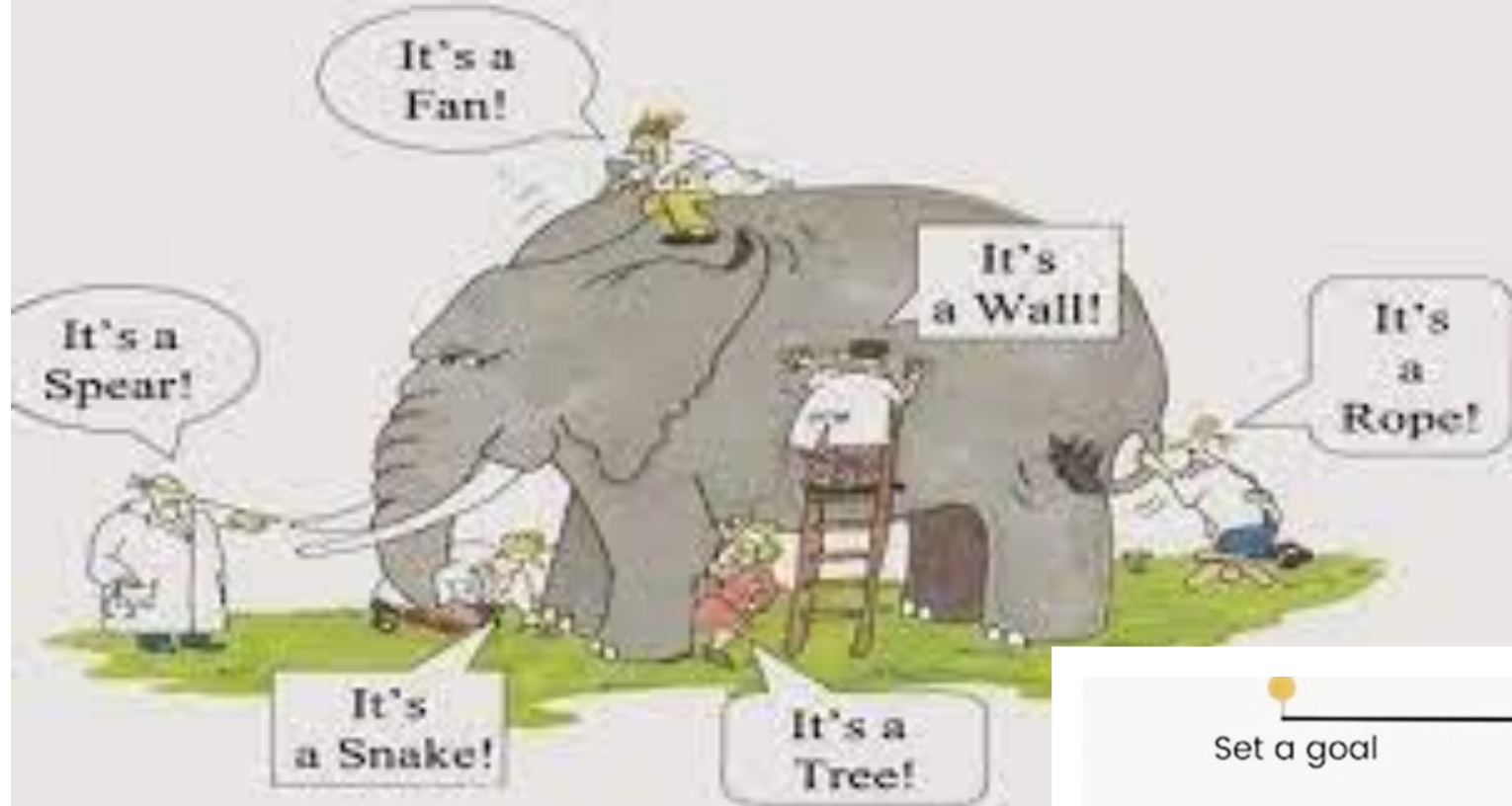
# The Foundation: Purpose, Mission, Values *Our Why, How, & What*

—  
**“BUILDING CHAMPIONS,  
PURSUING CHAMPIONSHIPS”**

# The Target

Matt Emmons:



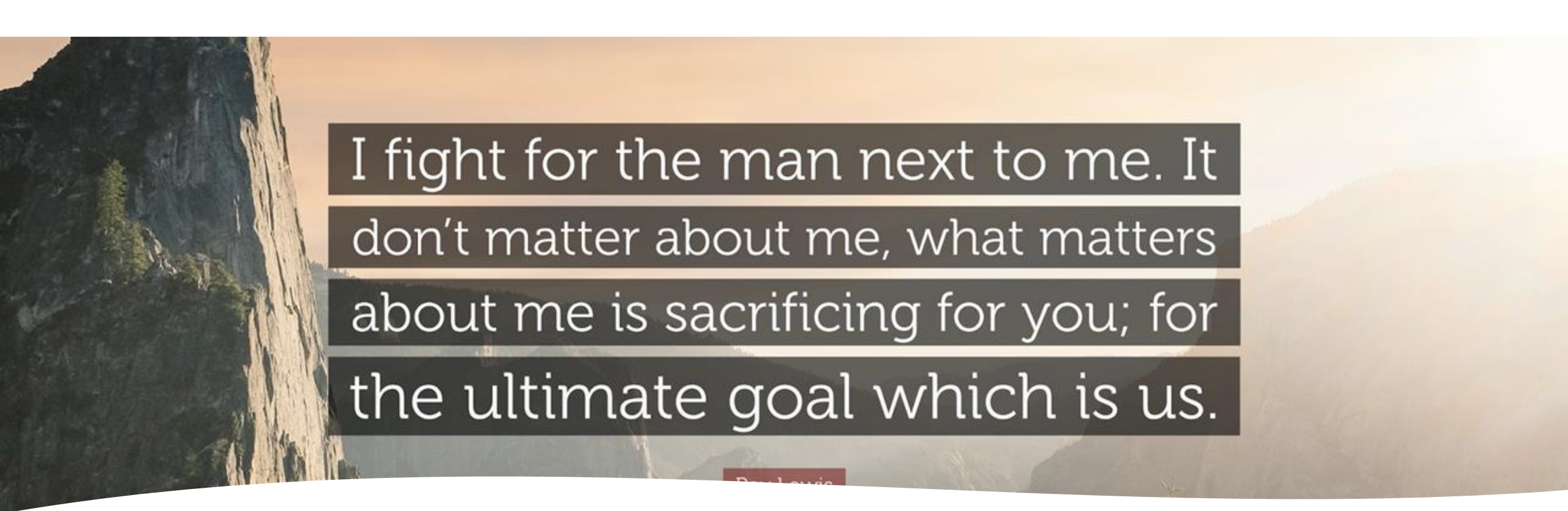




# Park Football Program

## *Our Why: Purpose*

- Building Champions, Pursuing Championships: Using the vehicle of football, we will engage in the infinitely important purpose of building young boys, into uncommon men that achieve their highest potential.
  - Teaching and coaching our boys in the football program is synonymous with a relationship that inspires learning and growth
  - We are not measuring the public's opinion, We are measuring something much higher
- Building Champions, Pursuing Championships: While the goal is to compete, and win, on the scoreboard and on the field, and at the highest level, our purpose is far more significant.
  - The purpose however will always be to build young men of character who know how to love and achieve their highest potential. It is far more important that our players are outstanding brothers, community members, partners, and parents.



I fight for the man next to me. It  
don't matter about me, what matters  
about me is sacrificing for you; for  
the ultimate goal which is us.

## Park Football Program

### **Our How:** ***Differentiators, Values, Process***

- Brotherhood - The binding of men from various backgrounds, beliefs, places, and eras around a singular set of life-directing commitments.
  - Our Park Football Program strives to create and forge a lifelong Brotherhood for all of those choosing to participate in it.
- With our core values of Love, Passion, Commitment, Trust, and Grit, WE will use the platform of football to better the lives of all those in the Brotherhood
  - WE are not first looking to make a great program, WE are first looking to guide and create people that do big things
  - “Your brothers are counting on you”



## Park Football Program

Our What:  
*Results of the Process*

- The Wolfpack football program will...
  - Build relationships that change lives
  - Develop men who will be great fathers, husbands, and sons because they are humble, selfless, honorable, and give their best effort in all that they do.
- This is more difficult than any opponent we will ever face:
  - We must give up a part of ourselves for the team
  - “The man is more important than the player, but the team is more important than any man”





# BUILDING CHAMPIONS, PURSUING CHAMPIONSHIPS:

## *Route vs Destination*

- Our staff is going to obsess over the destination and principal purpose, our staff will be flexible on the strategy or route that may be necessary to reach it.
  - Obstacles and challenges become easier to navigate because the decisions come back to the destination of our principal purpose
  - The strategy or route may change, but **NOT** the destination or principal purpose

# Building Champions, Pursuing Championships

## Goals vs Purpose



To learn about love, passion, commitment, grit and trust. To sacrifice for others, and honor those we care about, to give our best effort, and to honor ourselves, our family, our school, and our team

- *To learn about sacrifice and about caring for others more than ourselves*
- About creating life-long bonds and friendships

*Most importantly, about learning to open ourselves up to trust others because we can have no real relationships of value if they are not based on trust*

- Trust is hard because it leaves us vulnerable, but it is a powerful force when people have it
- We want our young men to learn to open themselves up and trust each other

**WE** want them to become men who are empowered to be caring, and loving people that respect others

- Who will give of themselves to others, and have them grow into fantastic husbands, fathers, and friends

**WE** want this to be the great accomplishment of their lives, and not some high school sports achievement.

## Building Champions, Pursuing Championships: Team Ethos

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- OUR Brotherhood comes before you do
- Show the love for this program of Brotherhood by being a man of passion, commitment, trust, & grit
- Show honor, be humble, be selfless, and give great effort for the Brotherhood
  - Do you want to make a big play, or do you want OUR team to win?
  - What does your effort say about your interest in OUR success?
- Love means a part of each of US must be sacrificed so that our Brotherhood can reach its fullest potential
  - “The man is more important than the player, but the team is more important than any man”





# WOLFPACK WAY: COR UNUM

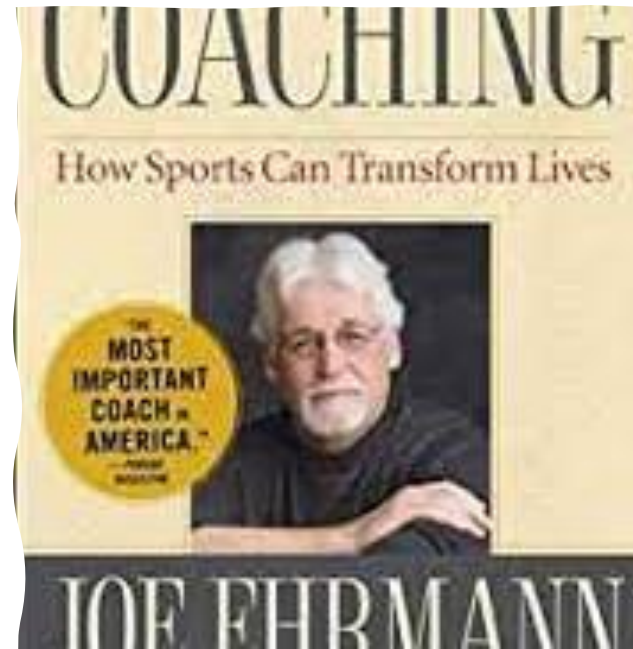
- “One Heart”
- *Ubuntu* – I am, because you are
- *Mudita* – Vicarious Joy
- Appreciation for those around US
- Cannot function without great scout team; committed boosters; people WE trust to put the program first
- Must know WE are only as good as OUR ecosystem



## Mudita

Pāli and Sanskrit: मुदिता

(n). Taking delight in the happiness of others; vicarious joy.



“I cannot be fully me  
if you are not fully  
who you are destined  
to be.

I AM Because We Are”

- Nohantu Mpotulo



## Building Champions, Pursuing Championships: No Risk, No Story & The Importance of Struggle

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# Toughness Begins Here

- Toughness is not made in a virtual world
- Physical Toughness can be measured in two ways:
  - Tensile Strength – how far something can be stretched
  - Happy Gilmore
- Mental Toughness
  - How fast can you get over a mistake?
- OUR Goal



**FRAGILE**  
Damaged by disorder



**RESILIENT**  
Unaffected by disorder

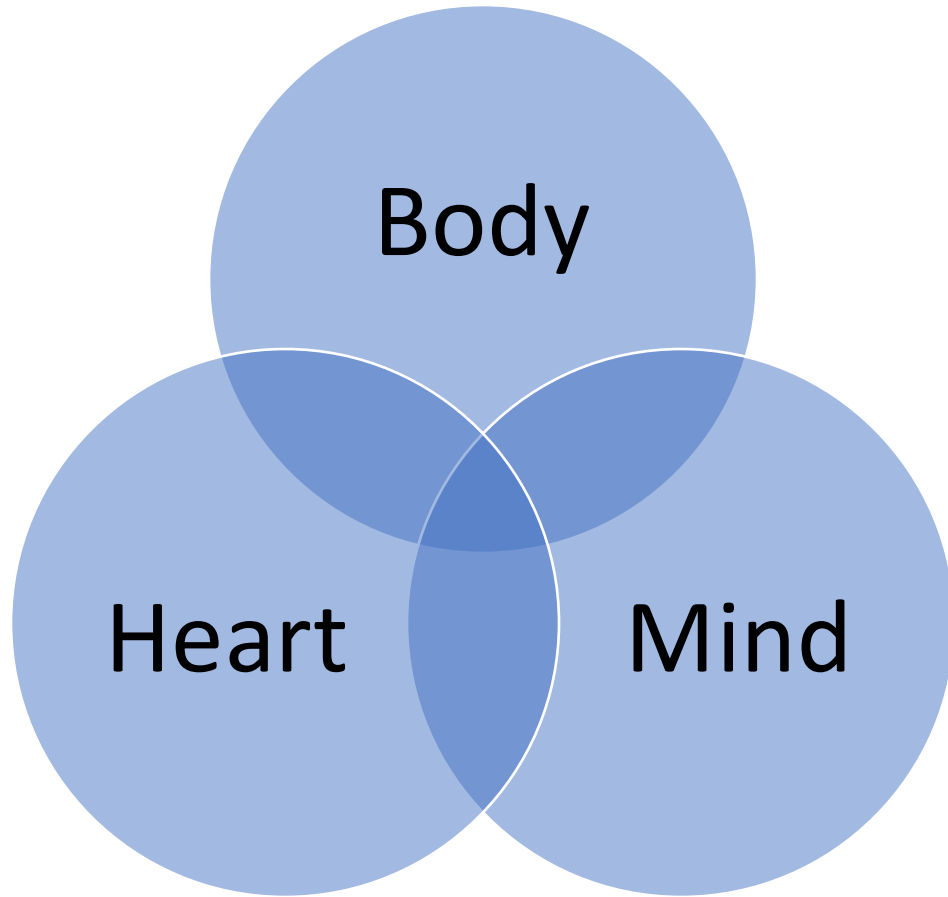


**ANTIFRAGILE**  
Benefits from disorder





# 3 Dimensions of Coaching



- 3D Coaching
  - Almost all coaches cover the body
  - Good coaches cover the mind
  - Great coaches also serve their heart
- These dimensions are like bars of the phone with STUDENT-athletes
  - *The more bars you have, the harder they will work for you*
- Elite programs have an intentional plan for each of these



# Foundation Building:

## PRIDE time

- We will implement a character education program that is based off of our core values, and Dennis Parker's "Coaching to Change Lives" to instill our culture and values in tangible ways
- This will be done in and out of season as part of an effort to solidify and continue the storied legacy that Park High School has
  - Coaches, Players, Teachers, Celebrities, Previous Alumni could lead these session
  - Off-season guest speakers open to all



- Lessons include topics on:
  - Body Language
  - Being thankful
  - Servant Leadership
  - Failing vs Failure
  - Being Anti-Fragile
  - Targeted Thinking
  - Taking responsibility
  - Standing on your own two feet
  - Importance of Failing, Failure, & Growth Mindset
  - No pressure, no diamonds
  - Activity vs Accomplishment
  - Academic Success
  - The Farmer's Watch
  - Buffalo Mentality
  - Hungry and humble

- Core Values





**COMMITMENT**

**GRIT**

**PASSION**

**SELF-LESS**

**HONOR**

**LOVE**

**HUMBLE**

**EFFORT**

**TRUST**

*Consistency*

*Time*

*Proof*

# Core Values: Trust

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## TRUST – “COUNT ON ME”

- “Well done is better than well said”
- “A team is not a group of people that work together. A team is a group of people that trust each other.”

A team with Trust:

- Has the ability to face fear and adversity
  - Does the right thing
  - Does their job
  - Are there when they are supposed to be there
- 



# Core Values: Love

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## LOVE - "ACCOUNTABLE or ABOVE THE LINE"

- "The true soldier fights not because he hates what is in front of him, but because he loves what is behind him."
- "It's the man next to you"

A team with Love:

- Doesn't talk about a feeling for others, but takes action for others
  - Gives up a piece of themselves for the good of others.
  - Holds themselves and teammates to the highest of standards
- 





# Core Values: Grit

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## GRIT – “BUILT PARK TOUGH”

- “Fall seven times, get up eight”
- “It’s not about how hard you can hit, it's about how hard you can get hit and keep moving forward”

A team with Grit:

- Never quits in the face of adversity
  - Fights through the pain to finish what they started
  - Does their job and encourages their teammates when it gets tough
  - Demands intensity from themselves and their teammates in practice
- 



# Core Values: Commitment

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## COMMITMENT - "FINISH THE FIGHT"

- "Rain puts a hole in stone because of it's constancy, not it's force"
- "All hard work brings a profit, but mere talk leads only to poverty"

A team with Commitment:

- Goes "all in" to See a task through to completion
  - Displays unwavering perseverance in times of adversity,
  - Transforms words into reality
  - Are masters at that which takes no talent



# Core Values: Passion

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## PASSION – “PRIDE”

- "Our passion is our strength"
- "Purpose is the reason you journey, passion is the fire that lights your way"

A team with Passion:

- Gives their best to a cause by putting their name on it
  - Displays a swagger that others can see and feel
  - Knows the joy of not letting circumstance dictate behavior.
- 





# Importance of Culture

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- Culture comes from the Latin word *cultus*, meaning care.
    - ***The culture of trust, love, and grit must be seen and heard***
  - It is not about one big signal as a handful of steady, ultra-clear signals that are aligned with a shared goal
    - Lighthouse Method
      - Create purpose by generating a clear beam of signals that link where we are to where we want to be
      - This is why we work, this is what we are aiming for
- 



# Redefining Success: Building Champions, Pursuing Championships

SERVE THEIR HEART



NOT THEIR TALENT

- **ALL** decisions made in the program are based on whether or not they allow us to fulfill that principal purpose
- Winning is **NOT** more important than doing the right thing.
  - The primary purpose is not to win football games, but **WE** will work really hard at it.
- **WE** must each lose a part of ourselves to find others and further the **Brotherhood** amongst ourselves. This task is more difficult than any opponent that we will ever face. Our needs and wants are secondary to the greater good of the whole.
  - “The man is more important than the player, but the team is more important than any man”



THE ROUGH  
SIDE OF THE  
MOUNTAIN



That flashes and  
passes away from sight;

IT  
CAN'T  
BE





- Senior  
Created Items  
Team 87



# S.W.O.T. Analysis

## Seniors of Team 87

- Strengths
  - Chemistry
  - Desire
  - Coaches/Coaching
  - Energy
- Watch Out for
  - Type of Belief (Trust vs Toxic)
  - Execution / Consistency
  - Mindset / Complacency
  - B.C.D.
  - S/C
- Opportunities
  - Doing the work
  - Team Building
  - Hope & Help
    - Elevate & motivate
    - Mirror vs Window
    - Hold the Line
- Threats to OUR Team/Program
  - On the team vs For the Team
  - Energy Takers
  - Accountability
  - Trust

- Senior Created Standards for Team 87



# Senior Statement

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- **We need everyone to understand that this is the same commitment as a job, you will be accountable for everything you do at every practice, game, lift, or film study.**
- **If you are going to be a part of Team 87, you commit until the last snap, of the last varsity game.**
- **If you do not plan on staying for the course of the season, or you don't think you can make this commitment, then you shouldn't waste your time.**





# Senior Created Team 87 Goals

- Family
- Passion
- Dominant

# TRUST

## WHAT DOES EACH CORE VALUE LOOK LIKE HERE?

**Community:** Doing the right thing; Being able to show how our program behaves outside of school; Social media representation

**School:** Getting good grades, being on time, respecting the rules

**Weight-room:** Showing up to better yourself and bettering the team; Entering weights in the app  
Taking the work seriously and being on-task

**Practice:** Taking every single rep seriously, practice how you play, take the coaching, head up; Watching films to understand what to do better

**Games:** Trust your teammates that they know what to do and know their plays assignments; Focus during games and not messing around on the sidelines, watching game film



# LOVE:

## WHAT DOES EACH CORE VALUE LOOK LIKE HERE?

**Community:** -Show love to the fans and the countless people that come to our games and support, help out with things like grocery bagging, shoveling snow, Selling cards, and participating at the youth levels

**School:**-Showing respect to teachers, students, and other faculty members

**Weight-room:** Helping teammates with lifts by spotting, encouraging others in lifts and making sure your teammates are on task

**Practice:** Uplifting your teammates in drills, supporting everyone and bringing really good energy

**Games:** Showing love on the field is having love for the game, through the wins and losses still being able to show up on practice and love the game for what it is



# GRIT:

## WHAT DOES EACH CORE VALUE LOOK LIKE HERE?

**Community:** Our standard of representing this program with pride applies to us, and WE will call out those who are not meeting this standard

**School:** Working hard, being focused, and on task

**Weight-room:** Doing the correct exercise, weight, and reps; Giving maximum effort & making sure others are doing the same

**Practice:**  
Making the decision to have maximum effort on every rep;  
*"What does your effort say about your interest in OUR success? You chose to be here, and we expect your best, be accountable."*

**Games:** Always doing your 1/11<sup>th</sup>; Doing what you are coached to do, in the way you are coached to do it, every, single, time; The team is more important than any man





- Organizational Integration and Cohesion



# 3 Factors of Organizational Success

Belief

People

Scheme



# Non-Negotiables, and Team Standards: *"This is the Way"*



The bar is being set to my standards

- All decisions directed toward you becoming the best person
- All decisions directed toward our team earning the right to go to the state tournament

Non-negotiables in our program

- Effort (Finish)
- Attitude - Taking care of the ball

T.N.T.'s

- Effort
- Attitude
- Knowing Assignment



## Park Football: Our 4 Pillars

- Give your best effort
- Honor your family, your school, and your brothers
- Be self-less
- Be humble
- WE will **NOT** negotiate, allow, or accept anything less than their best in these areas.
- WE work with kids to make them better people, and allowing them to slip in any of these areas is to miss the opportunity that WE all have to make them better.

# WOLFPACK



# PRIDE



# A Simple Message: *In or Out*

---



IF YOU ARE NOT WILLING TO  
HOLD YOURSELF TO THE  
HIGHEST OF STANDARDS, ALLOW  
US TO. IF YOU ARE NOT WILLING  
TO ALLOW US TO HOLD YOU TO  
THOSE STANDARDS, THEN  
PLEASE DON'T EVEN ENTER THE  
LOCKER ROOM.

- Weight-room  
& Schedule  
Overview



# 6A Football:

## MNSHSL Enrollments for 23-24 & 24-25

### Suburban East Schools

- Stillwater - 2441
- White Bear – 2181
- East Ridge - 1911
- Roseville - 1879
- Woodbury - 1811
- Mounds View - 1761
- Forest Lake - 1693
- Park - 1681

### 6A As a Whole

- By 6A enrollment, WE are currently 27th or 28<sup>th</sup> out of 32 teams
- When the weight-room becomes a priority, then WE have a chance

## WHY IS TRAINING WITH YOUR TEAMMATES IN THE SUMMER IMPORTANT?

The strongest draft horse breed in the world is the Belgian horse. On average, one horse can pull over 3000 pounds.

But if you yolk any two of the Belgian horses together, they can pull not the expected 6,000 lbs but closer to 24,000 lbs. Why you ask, because they are trying to outperform each other to show dominance. But it gets even more interesting....

However, if you yolk two Belgian horses that have trained and/or worked together, they can pull around 30,000 lbs. It's believed they can do this because they are not trying to outperform each other, but trying to help each other and "tighten" the other's mind. And by doing so

**They can do much more than other horses.  
So this summer, make sure you are training with your teammates.**

When the weight-room becomes a priority,  
then WE have a chance

## YOU ARE ALWAYS STRONGER TOGETHER



**PULL 3,600kg**

**PULL 14,000kg**

ART TRUCKS LLC



# Summer Schedule: Building Brick by Brick

- TEAM 87 needs everyone there
  - Trainers don't care about Park as much as Park does
  - OUR program is enough; Rest is Real!
- WE build our foundation brick by brick:
  - Slowly but surely, rep by rep, set after set, workout after workout, day after day, week after week,
  - Eventually all of those bricks become something greater together than any of them are individually.
- Non-negotiables of Wolfpack Power
  - Players are nothing without effort
  - Effort begins in the weight room
  - Weight room requires commitment and attention to technique
- When the weight room becomes a priority, then WE have a chance
- Purpose of Wolfpack Power
  - Decrease risk of injury: Strength, stability, flexibility
  - Improvement in Athletic arena: Movements, Explosion, Core Strength
- **ALL Sports required to lift in season, per Park Activities Director**

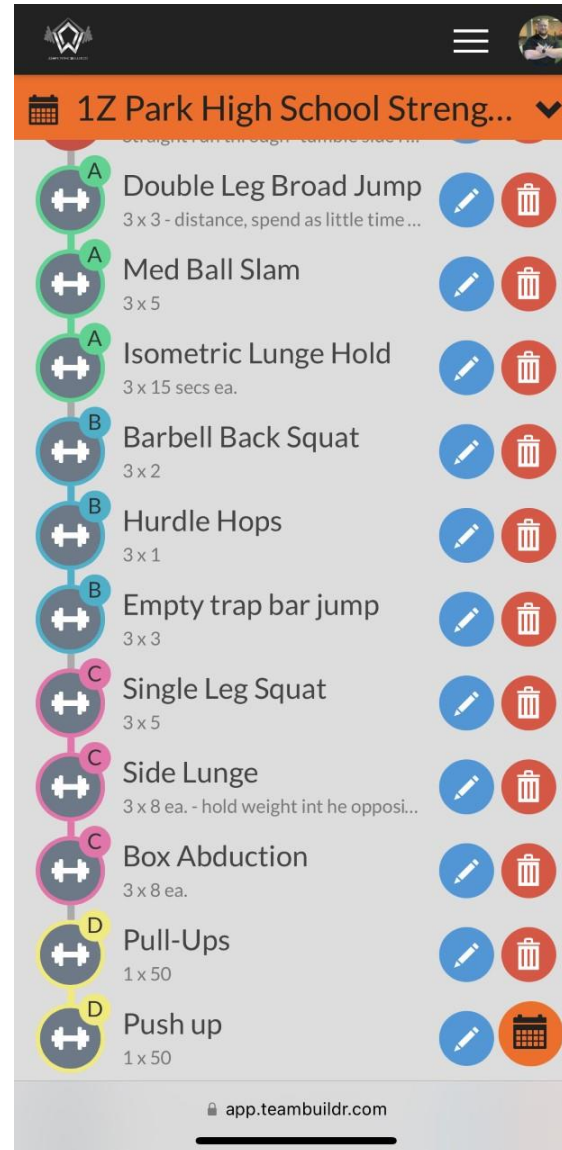


THOSE THAT EXPECT  
TO WIN HAVE  
ALREADY BEGUN TO  
CONQUER

# Training

## • Program

- Everything is built around power, not max strength (emphasis on throws, jumps, sprints)
- French contrast, Power benefit, cluster protocol
- Loaded jumps and throws, tendon dexterity (injury Prevention)

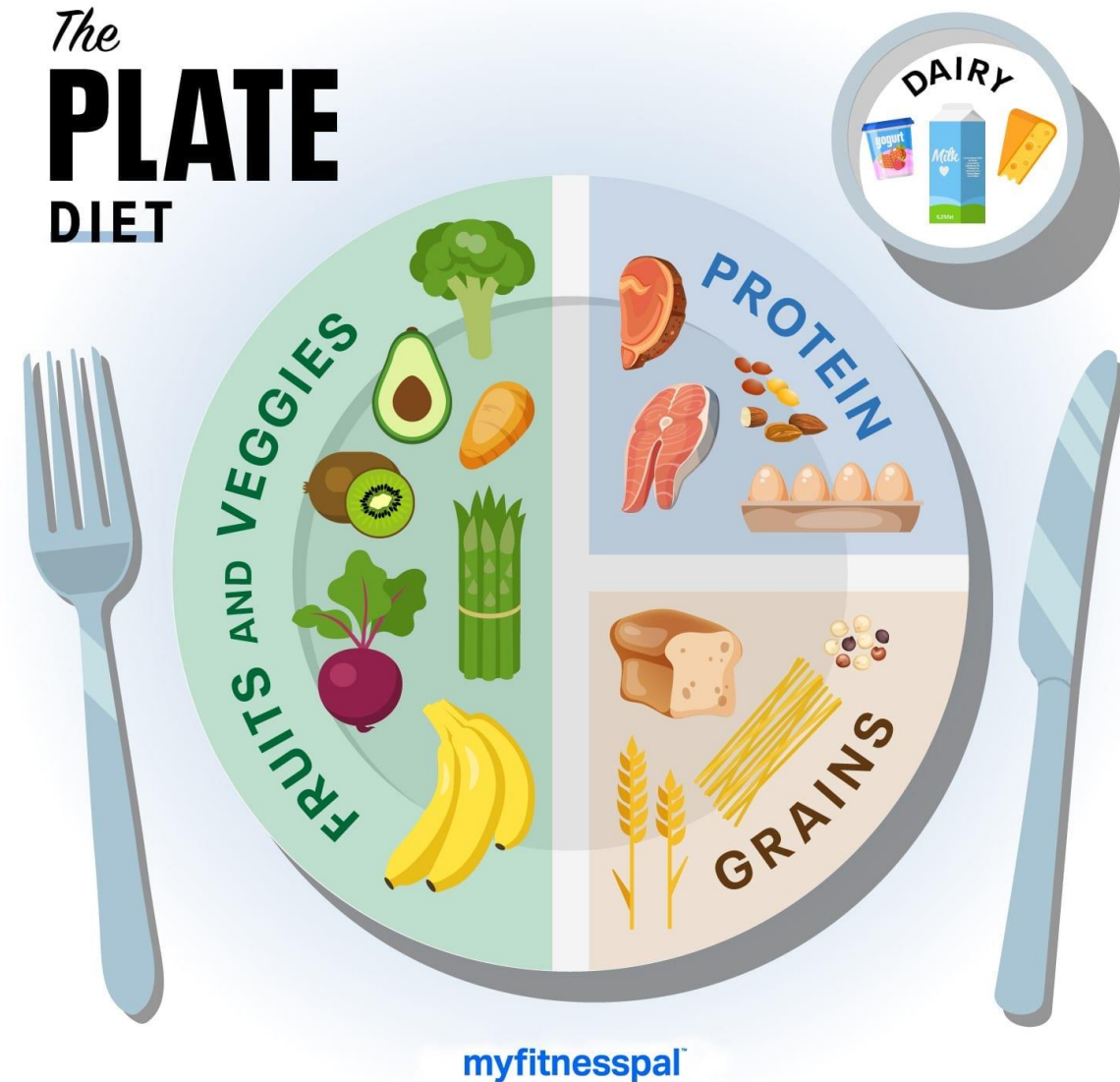


## • Team Lifts

- We gear our training and our conditioning to our program.
- Working as a unit.
- Working intelligently around other athletes.

# Nutrition

- Food intake for weight gain or fat loss.
- Make sure they are eating make sure they are drinking water. Avoid premixed sport drinks
- Supplements (protein, creatine, pre workout)
- RivalNutrition.net Discount code- Doug20. (third party tested, 100% label transparency)
- **\*\*\*THEY WILL DONATE BACK 10% OF PROFITS BACK TO PARK STRENGTH PROGRAM\*\*\***

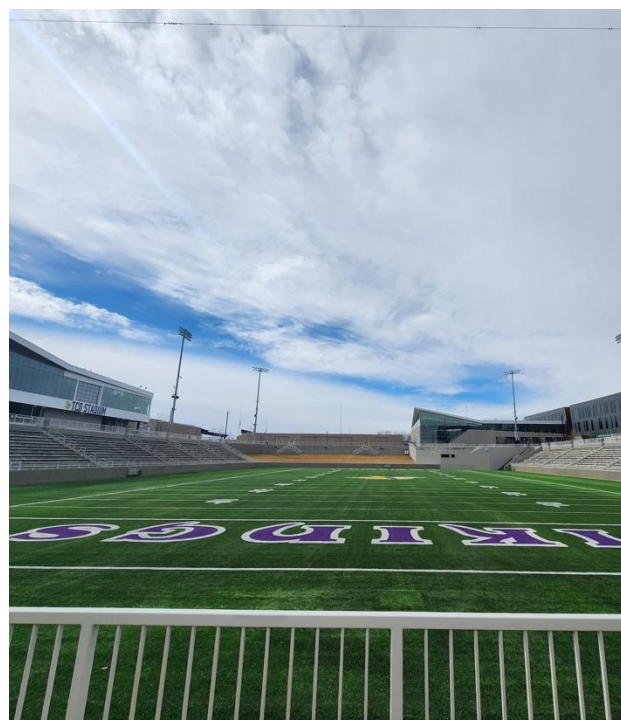
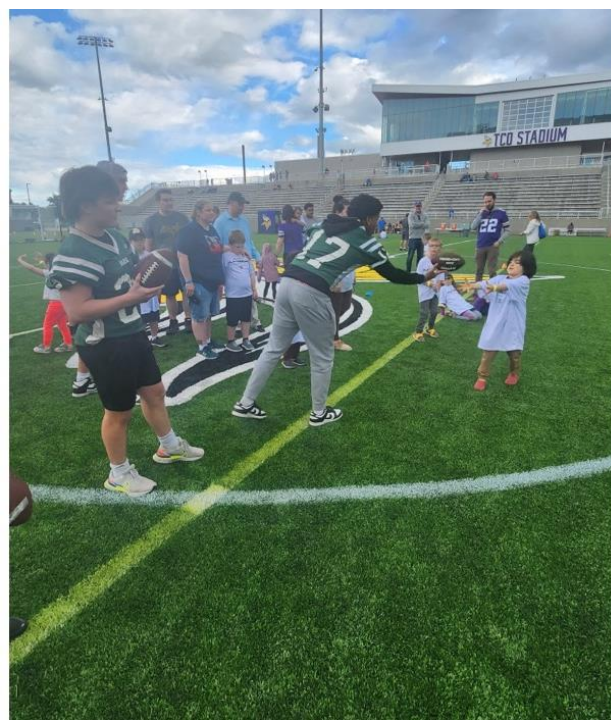


# Summer Calendar:

## June and July

- Strength and Conditioning Sessions
  - When the weightroom becomes a priority, then WE have a chance
  - M, T, R (9-1015 10-12<sup>th</sup>; 1000-1115 9<sup>th</sup>)
  - Fee is \$185 through Community Ed
    - *If there is any issue at all contact me and I will work with you*
    - *Free reduced families must contact the district*
  - <https://sowashco.ce.eleyo.com/course/24962/summer-2025/wolfpack-power>
- June and July Practices
  - See our summer calendar on the SportNgin website & sent out via HUDL
  - Equipment out week of 6.1
    - Registered for S/C, Commitment Forms in, Booster Fee, Paying Back the team paid in full
  - Meetings, Practices on other days
  - 7 on 7 sessions on certain Sunday evenings
    - 6.29; 7.13; 7.20; 7.27
  - Joint sessions with other schools
  - Potential Weather/Construction re-schedules
- Fundraisers
  - Pancake Breakfast (Saturday April 26<sup>th</sup> at Applebee's)
  - Strawberry Fest Booth
  - Card Fundraisers (June/July)
    - Wednesday, June 18<sup>th</sup>, 5pm
    - Wednesday July 16<sup>th</sup>, 5pm
    - ALL hands on deck for these
  - Golf Tournament 8.23<sup>rd</sup>
  - **Grocery Bagging: Sometime in early June at Jerry's Foods**
    - **Sign Up on Booster Hub for time slots**
- Youth Camp
  - 7.28, 7.29, 7.30: 5-830pm
  - Need all hands on-deck for these evening sessions





# Summer Important Days

- June
  - 15<sup>th</sup> Harrison Phillips Playmakers Camp at TCO
    - 1-5pm

# Spring Football

- Clinic, camp, and excitement for youth (K-8)
  - Current 8<sup>th</sup> graders will be with freshman & varsity coaches to meet their new team!
- Expectation of Park Football Players to assist
- April 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup>, May 4<sup>th</sup> from 5-8
  - Bring the juice
  - Make them love you
  - Make them love football
  - Installation of techniques, drills, schemes

# Summer Important Days

- June

- June 7-8 – Jerry's Bagging
- Offensive Skills Camps
  - TBD with construction and Coach Availability would be before/after lifting
- 15<sup>th</sup> Harrison Phillips Playmakers Camp at TCO
  - 1-5pm
- 16, 17, 18
- 23, 24, 25, 26
- 29<sup>th</sup> – 7 on 7

- July

- Offensive Skills Camps
  - TBD with construction and Coach Availability would be before/after lifting
- 13<sup>th</sup> – 7 on 7
- 14, 15, 16
- 20<sup>th</sup> – 7 on 7
- 21, 22, 23 24 (AM Trip to WI)
- 27<sup>th</sup> – 7 on 7
- 28, 29, 30 – K-8 Youth Camp
  - ALL HANDS ON DECK

# August Calendar

- Captain's Practices
  - Week of 8.4
  - Run totally by players
- Equipment Handout
  - Want to get this done in the summer
  - Freshman - TBD based on coach availability
- Fall Camp
  - 8.11 Week One
    - Tuesday 8.12 Email and Card Fundraiser 3
    - Thursday 8.14 Community Football Night
  - 8.18 Week Two
    - 8.19 Email & Card Fundraiser #4
    - 8.21 Picture Night
- 8.22 Wolfpack Golf & Bags Tournament
  - AM: Freshman/Sophomore scrimmage at Park
  - PM: Need all hands on deck for golf and bags tournament
- Varsity Scrimmage 8.23
  - Hastings, Rochester Mayo, Park & 4<sup>th</sup> Team TBD
  - Freshman, Sophomores, Varsity/JV



# 2025 Game Schedule

- TBD – Should be completed the week of 4.7

# Other Schedule Notes

- Labor Day
  - Lifting starts at 3:00
  - Practice / Films at 3:45
  - Finish around 6pm
- Non-traditional Games
  - Because of an officials shortage, ALL 6a programs have to play one home game on a non-traditional game night. This year those are TBD due to 2 year cycle
- MEA
  - Game is Thursday evening
- Playoffs
- Banquet
  - TBD – November 16<sup>th</sup> or 23<sup>rd</sup>

# Freshman, Sophomore, JV Schedule

- Freshman

- Freshman will be separate for practices and games
- Games are on Wednesday afternoon, opposite the location of where the varsity is playing their game that evening
  - Some 9B games Thursdays
- Nothing on the weekends

- Sophomores

- Games are on Wednesday evening, opposite the location of where the varsity is playing their game on Friday evening
  - Some 10B games maybe on Thursdays
- May not have a full slate of games due to not all other schools play 10<sup>th</sup>
- Some freshman may be asked to supplement here

- JV Schedule

- Games are variable by location and time (opposite site of varsity)
- 2024 had Saturday games
  - Some freshman or sophomores may be asked to participate in these

- All of this is TBD as due to the reshuffling every two years with 6a football schedules they are still deciding upon game nights, levels, and schedules.

# Equipment

- Girdles
  - Purchase ones with pads included
  - Hip, Tailbone, Thigh
- Rib protector, Back Plates
  - Recommend for RB's, WR's, QB's
- Helmets
  - Helmet fitting with haircuts
  - Schutt reps assisting us
- Purchasing your own helmet
  - Hard chin cup, black facemask, matte green finish
  - Recommend VICIS or Schutt Vengeance 7 FTD
- Shirts with Pads in them
  - Recommend for Skills positions and LB's
- Cleats
  - Green, White, Black are colors
  - Others can be "practice cleats"
- Gloves
  - Green, White, Black are colors
- No armbands due to HS rules
- Mouthguards
  - Pacifiers and "mouthguard drip" are illegal



- Accountability



## Athletes...

**You are a billboard for your school, your team, your family, your parents and everyone who has worn the uniform – stand out – be so different it is both noticeable and appealing. Be the team that other people wish they were on.**

**This applies to coaches and parents as well**

## Notes on Schedule and Commitment

- Because of the nature of football, there is a huge time commitment that has to be made by the players, their families, and by the coaches and their families
- As coaches we expect and demand that the players give that time commitment to this sport and to the team
  - Practices, Weekends, Film on HUDL, Jr. Wolfpack Teams, Pack the Den
  - Connecting to the Pack: #WERUNAS1; #PARTOFTHEPACK; #BuiltParkTough; #ParkPride
  - *These expectations are for all year (Both “in” season and the “investment” season)*

WE RUN



AS ONE





**I COACH YOU**  
because I care about you

**I CHALLENGE YOU**  
because I believe in you

**I EXPECT YOUR COMMITMENT**  
because I know your family and job will

**I HOLD YOU ACCOUNTABLE**  
because life will hold you accountable



THE ROUGH  
SIDE OF THE  
MOUNTAIN



*By sun and cold,*

IT  
CAN'T  
BE



OPPORTUNITY  
IS NOWHERE

# PARK

# R

# I

# D

# E



- Four Park Pillars
  - Give your best effort
  - Honor your family, your school, and your brothers
  - Be self-less
  - Be humble

- WE expect them to be on time, to learn their assignments and to work hard in practice
- WE want players to practice with passion, commitment, and grit
- What is most important is the brotherhood WE are working to forge where players will love and trust each other





# The purpose of High School Sports

- I believe that the importance of high school sports is not in the win and loss column, but in the development of ideas such as sacrifice, hard work, great effort, and being self-less
  - It is about being able to act honorably, to open-up, and care about others
  - It is about understanding how to learn about what teamwork really means; that a true team is a group of people who trust each other and working together towards a common goal
  - This process benefits everyone on the team, and not just a few
  - We grade character with our athletes as it is our focus, purpose, and responsibility as a coaching staff



# Being self-LESS

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- Everyone member of the brotherhood needs to give up a part of themselves for the greater good of the team
  - Drugs, poor grades, poor attendance, poor behavior or language, social media postings that degrade others inside or outside of our school and program, speaking poorly or down upon others, and not being on time, are all examples of not putting the team first, or having your priorities in order.
- This is very difficult, and far more formidable than any opponent that we will face on the field
  - The man is more important than the player, but the team is more important than any man





# **STUDENT**-athlete

- Once school starts, the primary duty of your sons is to their academics
  - Football is of secondary importance
  - He will always be excused for being tardy to practice for tutoring or academic purposes. Having said that, he needs to learn how to manage his time during football season and communicate this with coaches before hand
  - **Weekly grade checks and mandatory study Table for those with a D+ or lower in any class (Being an academic member of good standing is a year round expectation)**
- Meetings and Practices will start promptly at 3:15pm and finish between 6:15-6:30
  - Lifting may be after practice for certain position groups.
  - Meetings or film will be a part of the practice before going out on the field
- **Mandatory study Table on Tuesday or Wednesday evenings for any class below a C- (Freshman usually do this on Thursdays)**
  - Study table begins 645 or 7pm and goes for 1 hour (Tutors, Teachers, and Food provided)
  - Failure to report for this, without speaking to a coach, will result in a “no-fly” listing

**Best Real “Reasons” to Miss Practice/Games/Study Table  
from Real STUDENT-athletes**



*Ripley's*  
**Believe It  
or Not!®**

# Missing Study Table or Practice or Game

- New Video Game came out (Call of Duty)
- My mom or dad is taking me shopping for shoes/clothes/prom
  - Also had one to assist a sibling in doing this, along with a parent to get 'cool' ones
  - Also had one where they needed to help their date / significant other select their attire
- Birthday party for my brother, or myself
- Driver's test, Behind the wheel, Driver's ed
- I got injured on a field trip
- I have car trouble (House was 5-6 blocks away)
- I have to drop off my sibling at college (College was in St. Paul, MN)
- Haircuts or "my hairstyle cannot be in a helmet today"
- I was doing fall league competition and I got hurt
  - *Football would never do this; other sports would think it unacceptable if football asked for this, so please give us and your STUDENT-athlete the same consideration*
- My baseball team / other activity is doing another activity while we have practice
  - I have fall baseball or hockey tryouts or any other sport/activity that is not in season during the official start of football season

# Missing Study Table or Practice

- My feet hurt because I cut my toenails too short
- Purchasing clothes, measurement of clothes, or fitting of clothes, for prom or homecoming
- I have a dental appointment (for a Saturday morning film session)
- My mom needs me to move furniture
  - It was outdoor patio furniture before it rained
- My mom needs me to clean the house



# Missing Study Table or Practice

- My new tattoo is not healed yet
- I painted myself into a corner and had to wait while the paint dried before I could walk across it
- Hunting opener
- I have to go and buy a car (and salesman wrote a note)
- My parents want to beat traffic to get to the cabin/lake
- “Cuz da heat” (have also had “the rain” & “air quality warning”)
- State or county fair
- Concert tickets (Post-Malone)
- Hayride (Haunted)
- My girlfriend was sad

# Actions have consequences

- Consequences are not good or bad, they are simply a result of our choices large and small
  - Eating correctly
  - Training
  - Studying for a test
- We hold these expectations in season and “investment” season
  - Actions year round have consequences
- Unexcused absences lead to
  - Extra conditioning
  - Loss of playing time
  - Choosing to not be affiliated with our football program that season
  - **Players not contacting Coach Fryklund before the start of a practice will be marked unexcused**



***F.E.A.R.  
TEAM BG***

## The 3 P's of Culture

- Practice: What do **WE** actually do?
- Promote: What do **WE** actually celebrate and recognize
- Permit: What do **WE** allow?

If **WE** are honest, what **WE** allow to happen, **WE** promote to happen

# Accountability: *Practice*

- I also believe that we need to hold our players accountable for their commitment to each other.
  - Consequences are simply the result of choices we all make.
- "No Fly" List: If a player misses a practice or lifting or study table, for any unexcused reason during the week, there will be a consequence related to playing time.
  - Going to the cabin, going to the lake, driver's test, or having a family dinner are **NOT** excused absences
  - **it could result in a loss of practice or playing time, and will include extra duty (conditioning, study table, duties to assist the school/program and pay back the team)**
- If there is a legitimate reason to miss, and obviously there are, such as funeral, emergency in the family, etc.; then the player should contact me as soon as possible and the player has to take responsibility for this.
  - Just because there is a legitimate reason to miss practice, does not mean there are not consequences to missing a practice.
  - **it could result in a loss of practice or playing time, and will include extra duty (conditioning, study table, duties to assist the school/program and pay back the team)**

# Accountability:

## *Timeliness*

- Not showing up for a game, being late for practices or meetings will not be tolerated and will have consequences
  - Consequences are simply the result of choices we all make.
- We expect your son to be at school on time
  - If we see a player is tardy, in any class and he is not excused, they will have a consequence and **it could result in a loss of practice or playing time, and will include extra duty (conditioning, study table, duties to assist the school/program and pay back the team)**
  - **Absences and Tardies year round will be tracked and we have expectations to be met**
  - We will support the teachers and the school on this
- Do not let your son sleep in and then give him an excuse
  - You are doing him no favors and it teaches him nothing
  - Don't let him be late 1st hour (I check this) and **it could result in a loss of practice or playing time, and will include extra duty (conditioning, study table, duties to assist the school/program and pay back the team)**



# Accountability:

## *Behavior in School*

- We expect them to give great effort, be self-less, act with humility, and be honorable in all that they do and this includes the classroom
  - Consequences are simply the result of choices we all make.
- We also expect their behavior in school to be held to the highest standard
- We expect that not only will they work hard on the field, but in the classroom
- We will not tolerate football players talking back to teachers or other adults; We will not tolerate bullying or hazing of any kind; We will not tolerate disruptive or disrespectful behavior
- **Not meeting our standards could result in a loss of practice or playing time, and will include extra duty (conditioning, study table, duties to assist the school/program and pay back the team)**
  - **This applies to "in" season and the investment season**

# Accountability: *Chemicals*

- Myself, and the SRO will speak to the team about drinking, drugs, and tobacco use
- If a player is caught in violation of the policy, it is a contradiction of a player's commitment to not use
  - I am going to hold them to their commitment to the team
- This is a major problem in our society today, and with our children
  - I do not believe that we can compromise on this issue any longer
- *The athlete will be subject to a 3 game or 3 week suspension, and he is still expected to honor his commitment to the team during that suspension*
  - *This applies to "in season" and the "investment" season*
- This is too important
  - Part of being a team is to take care of each other
  - If they know that someone is going to a party that they shouldn't be, then I expect them to look out for each other, and keep each other out of trouble by telling them not to go

# Accountability:

## Playing Time and Special Teams

- Our goal for each varsity game will be to play as many people as possible who have earned the right to play, and whom we can trust to execute at a successful level
  - We want depth at all positions
- We view our special teams as every bit important as the offense or defense
  - It is every bit as important as, and arguably more important, than offense or defense
- Even being on one special team is significant to us and of great value
  - During every practice, the participation of players on scout teams is as important as anything else that we do.

# Accountability:

## Freshman and Sophomore Players

- Some sophomore or freshman players will be asked to dress for varsity games or play in our JV games early on
  - Others will be asked to dress as the season goes on because the coaches are impressed by their play, and attitude, or because of the need for people at specific positions
- If a player is not asked to dress it doesn't mean that he will not play later
  - Many times I have had players that did not play much as freshman or sophomores, but were impact players as juniors or seniors



# Accountability:

## Importance of the JV Game Attendance

- My **expectation** is that the varsity players who are not playing in the JV game to attend, cheer on, and support their teammates
  - “Be where your feet are”
    - This means players are paying attention to where they are, not paying attention to their phones, etc.
- JV Games are important to the team, to the development of players, and to the coaches
- There are players every year who begin on the JV and end up starting or playing a significant amount of time on the varsity before the end of the season

## Accountability: Lettering

- Lettering criteria includes not just playing time
  - Did you finish the season to the end of the varsity season?
  - Did you have earlier consequences for not meeting standards or expectations?
  - Were you a member, in good standing for the entirety of the season?
  - Did you meet the expectations and standards inside and outside of school, “in season” and in the “investment season”
  - Can WE trust you to represent OUR program in a positive light in the community?

WE RUN



AS ONE

# Accountability:

## *Parent and Coach Communication*

- As coaches, we want what is best for your sons, but this is a demanding and intense sport
- I promise you that we will take care of your son to the best of our abilities
  - If the player, or parent speaks to a coach, or myself, you can trust that we / I will listen and be honest
  - The audience may not like what you hear, but you will know where the coaches, and myself stand
- Issues that we will not talk to parents about it playing time
  - It is not fair to the other athletes
- Coaches make thousands of decisions and spend many hours thinking and preparing to put kids in a position to be successful
- If you think your son is being treated harshly, or you do not understand a policy, those are issues that can be discussed or explained
  - WE DO **NOT** promise playing time to anyone
  - Playing time will **NOT** be discussed
  - Do **NOT** communicate with coaches about playing time, or suggestions for past, present, or future games

# Accountability:

## *Speaking to Coaches*

- Their first step is to speak to his position coach
- Their second step is to speak with his coordinator
- Their third step should be to speak to the head coach
- **If needed, the fourth step is for the parent(s) and player to come down and speak to me, and the activities director face to face**
  - **There needs to be an appointment made**
  - **There will only be discussion on your STUDENT-athlete**
  - **Your STUDENT-athlete will be present, and have taken the previously mentioned steps**



# Accountability:

## *Parents*

- The parents of captains, or boosters should not be called or e-mailed about practice times, player issues, or coaching decisions
  - These issues will be addressed by me
- We do not cancel practices
  - If it is unsafe outside then we will have practice in the AC or meetings and film, or meet at Bielenberg
  - The lower levels may cancel, but the JV and Varsity will not
- Practice times will be published
  - Make sure son checks HUDL & Schoology
- Conversations at home and in the stands
  - Don't divide OUR house
- Parents should not be on the field at any point during the pre, during, or post game functions of the game.
  - You can greet your son after he comes off of the field once we finish our post-game discussion and clean up.
    - Exception for senior night



PARK WOLFPACK FOOTBALL COMMITMENT

We, the 85<sup>th</sup> Team in the history of the Park Football, understand that we are participating in a unique legacy. We will “Build Champions & Pursue Championships.” We will display love, passion, commitment, trust, and grit in our actions. We will act with honor, humility, and have self-less efforts for this program. We will lay it on the line and leave it on the field. We will play fast, with a relentless spirit and flawless execution for the entire season. We are committed to each other ON and OFF the field. In everything we do, the TEAM will come first. We embrace the “DMGB” mentality.

Protect the Program:

Focus on, and act upon the things that will get you closer to your goals in life. We expect our players to know between right and wrong, and do those things that are going to make their parents, teammates, coaches, teachers, and school proud. Protecting the program entails ensuring that you are not doing things to present a negative image of our program or players.

What to Expect from your Coaches:

The Park Wolfpack Football Coaching Staff will push you to work harder and smarter than ever before in the classroom and on the field. We will hold each player accountable and treat each player with fairness and respect.

Commitments to the Football Program:

- 1. I will strive to be the best STUDENT-athlete that I can be: I will be on time to school, classes, and study tables. Absences, tardies, or not meeting academic expectations are not acceptable and will lead to consequences such as extra duty, running, loss of playing time, up to, and including removal from the football program.
- 2. I will strive to be the best teammate that I can be, I will attend all practices, meetings, lifting, fundraising, community events, and be on time. Absences or tardies will not be acceptable and will lead to consequences such as extra duty, running, up to, and including removal from the football program.
- 3. I will display respect for my teammates, the football program, my coaches, my school, and my community in my actions and comments. I will display ICC values in word and deed.
- 4. I will come prepared to class/study hall/meetings/lifting sessions/practices by being dressed properly and having the proper equipment, supplies, and preparation.
- 5. I will be in the best physical condition. It is important for me to be physically prepared so I can enhance my opportunity of remaining injury free and helping my team reach its goals. I will participate in the S&C program.
- 6. I will play a positive role in being a Wolfpack STUDENT-athlete in the way I conduct myself around the community and on campus. I will be active in communicating with my teachers and coaches. I will do everything I can to protect the pride and tradition of the Park Football legacy.
- 7. I will abide by the code of conduct as set out by the MNSHSL, District 833, and Park High School. Chemical violations have consequences above and beyond the MNSHSL, up to, and including, removal from the football program.
- 8. I will return all issued football equipment at the conclusion of the season in a timely manner so it may be inventoried, reconditioned, or repaired. I understand that I will be financially responsible for any alterations, lost, or stolen football gear.
- 9. I am aware of the expectations outlined in the parent meeting, and have read, and agree to following the above commitments, expectations, and standards with my signature below.

STUDENT-athlete (print name and grade)

STUDENT-athlete signature

Parent of STUDENT (print first & last name)

Parent of STUDENT-athlete signature



• \*\*\*Review as STUDENT-athletes, and their parent will be asked to read, and sign the bottom of this as a proof of their COMMITMENT to the standards of our program\*\*\*

- \*\*\*Review as STUDENT-athletes & their parent, will be asked to read, and sign the bottom of this as a proof of their COMMITMENT to the standards of our program\*\*\*

# PARK FOOTBALL TEAM 85 COMMITMENT TO CODE OF CONDUCT

I will put the TEAM <sup>1st</sup> and not let US down! (At School/away from School/S&C)

I will present myself in a professional manner and be accountable for my actions

I will attend ALL of my classes and be on time to school

Academics are more important than athletics and I will make my priority during the school day and after practice. I do not do homework as an excuse to miss practice. I understand the consequences for grade checks not meeting program expectations of the AS STUDENT-athlete.

I will follow the rules of the Park and District 833 Student Handbook

I will treat my Teachers, Administrators, Teammates, and Coaches with respect

Practices must be attended- If I miss practices, I have let my TEAM down and will have personal consequences (not starting, extra conditioning, extra duty, study table)

I will be on time to TEAM activities: meetings, lifting, bus, film/pre-game (Early is on time)

If I'm running late to any TEAM activity because I was with a teacher- I will bring a note from my teacher to explain

I will contact my Head Coach before practice begins if I'm not able to practice. I contact after practice has begun as an excused absence.

I will respect my teammates' personal belongings- equipment, clothing, cell phones, ear pods, food, wallet, \$- do not go into another person's locker

I will not drink or smoke or use any products that would lead to suspension from the MSHSL/School- that would be letting my TEAM down

I will be prepared for meetings- (Film, installs, depth chart, game-plan)

I will listen with my eyes to the speaker

My cell phone will be silenced in all meetings

I will not sacrifice the integrity of the team on social media- 3 deep breaths

I will not post anything on socials on the bus to a game, at all time or until 30 minutes after the game- I had tweet and sacrifice everything!

I will respect other students' differences and never partake or tolerate bullying in any form- physical, mental, cyber

I will do my part to give back to the program (Youth camps, fundraising, sweeping the shed)

I have read these statements and agree with all of the above. This is OUR standard to be a Park football player. I understand that should I fail to uphold these standards that there will be consequences. You can count on me. I AM ALL IN!

\_\_\_\_\_  
(Name of STUDENT-athlete)

\_\_\_\_\_  
(Signature of STUDENT-athlete)

\_\_\_\_\_  
(Name of Parent of STUDENT-athlete)

\_\_\_\_\_  
(Signature of Parent)



**PARK FOOTBALL TEAM 85  
PARENT COMMITMENT TO PROGRAM MAXIMS**

1. **Insist that your son do his very best in school.** We expect that our players always give their very best effort on the field so they do not cheat their teammates. We also know that they cheat themselves if they give less than their best in each and every class. Real winners give a consistent effort in all arenas, including the classroom, hallways, and lunchroom.
2. **Insist that your son respects team rules, school rules, game officials, and display positive sportsmanship.** If he knows that you will not enable him to avoid the consequences, he will avoid the trouble in the first place. Remind him frequently of his responsibilities to his family, his team, and his school. High expectations should be clear and consistent. Do not accept excuses.
3. **“Release your son to the game.”** Identify and accept your son's role on the team. This is their game, the success is theirs, and the failures are theirs. Release them to solve their own problems related to being on a team and playing the game.
4. **Don't let envy or jealousy to poison your son's attitude.** Jealousy is the most dangerous poison which can contaminate a team, partnership, or organization. Coveting another player's position, playing time, or press clippings creates resentment which quickly derails a team on the way to success. Don't wish it was easier, will yourself to work harder and become better.
5. **Speak well of your son's teammates and coaches.** If you have nothing good to say, say nothing. Clearly, criticizing your son's teammates or coaches cannot and will not improve his attitude or performance. You never improve your own furniture by busting up your neighbors.
6. **Be positive with your son.** Being part of a team, sweating, sacrificing, and committing to team goals are certainly things to be proud of, so let your son know you are proud of him and his efforts. Recognize the many ways of contributing beyond being starting or being a star. Cheer for the Wolfpack, not against the opponent.
7. **Do NOT call the coaches during the season to discuss your son's position or playing time.** Coaches base decisions about player positions and playing time on what they believe is best for the team. Position and playing time are based on attitude, athletic ability, football skill, strength, game sense, trust, commitment, effort, and knowledge of our system. When parents call the coach, other players or even your son could perceive even a well-intentioned effort, as an attempt to gain unfair advantage for your son.
8. **Insist that your sons eat healthy food and gets plenty of rest. You shall also insist that your son drives carefully to and from practice (Wearing seat belt, not texting while driving).**
9. **Refrain from second guessing game decisions or “could've, should've, or would've” opportunities.** Coaches and players make thousands of decisions before and during games. Using hindsight, some might have been made differently, but in the instant of action, hindsight is not possible. Remember we have teenage boys playing the game in the arena, not professionals.
10. **Strive to model poise and confidence.** The number one thing your child needs from you at the game.
11. **Remember, sports are a shared illusion. The players, fans, and coaches get together and pretend the outcome of a game will be important. That is fine, if, after it is over, you say it is not.** Creating opportunities for boys to become young men and achieve their fullest potential is what is important. Learning to show love, passion, grit, commitment, trust; being selfless, humble, honorable, and giving great effort are what is important.
12. **Be thankful that you have the opportunity to share your son's joy of victory, and also his tears in defeat.** There's no value in learning from the blessings of a skinned knee. Don't be a cocoon butter.



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(Name of STUDENT-athlete)

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(Name of Parent of STUDENT-athlete)

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(Signature of Parent)

• \*\*\*Review as STUDENT-athletes & their parent, will be asked to read, and sign the bottom of this as a proof of their COMMITMENT to the standards of our program\*\*\*



- Team 87
- Park Football Boosters



# TRIANGLE OF SUCCESS

ADMINISTRATION

PLAYERS

COACHES

PARENTS



WHY WE NEED YOU

**FOR EVERY TROOP  
ON THE FRONT LINE  
THERE ARE 10  
SUPPORT TROOPS**





## Park Football Boosters: Mission Statement

- The Park High School Football Booster Club's mission is to foster an environment that inspires STUDENT-athletes, coaches, parents, and the community to collectively create a positive and spirited atmosphere. We further support through fundraising, stand behind strong character and good sportsmanship; promote a winning school spirit through athletics with encouragement of a student's education and attendance.



# Fundraising, Donations to Fund OUR Program: *Many Hands Make Light Work*

Need to raise over \$80,000+ each year

- District covers: Coaching Stipends for 4 teams; Busing to games; Reconditioning of some equipment; Purchasing of some new helmets and shoulder pads; Footballs; New jersey tops every five years
- District covers roughly 1-4 to 1/3 of the cost for a first-class program
  - This is also after our charitable giving and corporate sponsorship / partnerships
  - **Booster Fees are NON-REFUNDABLE due in full, or payment plan by 6.1**

Booster Club Fees in District

- East Ridge is \$275
- Woodbury is \$250
- Allows them to pay for additional coaches also

Park Booster Club Fee (\$175)

- Value (Socks, Apparel, Dinners, banquet, Gatorades, etc.)
- This is the rate we ask our families to pay
  - All families have different financial situations, so if that amount is not realistic, then we do have different payment plans that will be auto-billed
  - One of these payment plan options will have an option for extenuating circumstances



# Fundraising, Donations to Fund OUR Program: *Many Hands Make Light Work*

## Card Fundraiser

- 25 cards per athlete; 3 nights (1 in June, 1 in July, 1 in August)
- Prizes and Incentives; Makes about \$20-25,000

## Vertical Raise Email Fundraiser

- 25 valid email addresses per athlete
- Last year raised \$25,000 hoping to raise \$30,000

## Wolfpack Golf Tournament

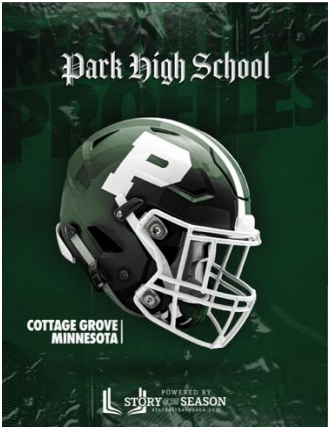
- 50 / 50 split & great community builder







What is it going towards...



# Fees & Apparel

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- District Fee
  - \$190; Free if free lunch; TBD if reduced lunch
  - ***If the fee is an issue in any way please contact Coach Fryklund and we will work together to solve this***
- Community Ed sets price for S and C
  - \$185 through Community ED
  - They have process for free and reduced
- Girdles
  - Purchase one with pads in it
- Apparel
  - Store coming soon in cooperation with Advanced Sportswear in Newport
- Additional Equipment
  - Green and White are primary colors
  - Black is a secondary color





- Team 87
- Coming Full Circle





**I COACH YOU**

because I care about you

**I CHALLENGE YOU**

because I believe in you

**I EXPECT YOUR COMMITMENT**

because I know your family and  
job will

**I HOLD YOU ACCOUNTABLE**

because life will hold you  
accountable

FM



IN

## Coming Full Circle

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- I would like to touch on the philosophy of the football program here
- We have goals and we have a purpose
  - The goals are to win the sub-district, section, and state championship
- We want to win, but the purpose is very different from that
  - The purpose is to use the vehicle of football to grow as young men that achieve their highest potential
  - Our purpose is “building champions and pursuing championships”

# Park Football Program: Coming Full Circle

- To learn about love, passion, commitment, grit and trust. To sacrifice for others, and honor those we care about, to give our best effort, and to honor ourselves, our family, our school, and our team
  - To learn about sacrifice and about caring for others more than ourselves
  - About creating life-long bonds and friendships
- Most importantly, about learning to open ourselves up to trust others because we can have no real relationships of value if they are not based on trust
  - Trust is hard because it leaves us vulnerable, but it is a powerful force when people have it
  - We want our young men to learn to open themselves up and trust each other
- We want them to become men who are empowered to be caring, and loving people that respect others
  - Who will give of themselves to others, and have them grow into fantastic husbands, fathers, and friend
- We want this to be the great accomplishment of their lives, and not some high school sports achievement.





# Full Circle: A Request to the Park Community...

- Finally, I don't care if you question my coaching, or my decisions, but I do care about criticism that is aimed at these young men
- They are doing something that is rare today
  - Most kids think that being an athlete consists of turning on their video game console and playing Madden and hitting the re-set button every time something doesn't work out for them
  - They are going out into a public arena and putting themselves on the line for a team and the joy of playing in a competitive contest
  - They are coming to practice and being pushed hard physically and mentally and come back day after day.
    - They need to be supported and respected
- The game on Friday night is for the players, and the value of football comes from what they learn and do as a team and how they come together
  - These boys are not professionals and I hope that all of us will give them positive support they deserve...
  - Cheers from their fans no matter what happens on the field



## The 3 P's of Culture

- Practice: What do WE actually do?
- Promote: What do WE actually celebrate and recognize
- Permit: What do WE allow?

If WE are honest, what WE allow to happen, WE promote to happen

**F.E.A.R.**  
**TEAM BG**

## Full Circle: Dinner Table Discussions with 4 Questions

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- I want us all to think about what would happen if every day, when you spoke to your son about football practice, if after every game, you asked your son the same questions:
  - What did you do to make your teammates better today?
  - Did you have a chance to make someone feel better about themselves?
  - Did you have the opportunity to help one of your teammates?
  - Were you supportive, caring, and selfless?





# Taking it to the Stands: *Imagine if...*

- What would happen if in the stands everyone strove to be supportive and positive?
  - If we all realized that when we criticize players and coaches that their family members and friends are next to us
- We can all do something to help build a good environment for your sons to be a part of





# Taking it to the Stands: *Easy vs Worthy*

- It is very easy to sit up in the corner of the stands and second guess, question every decision, every play call, and to be critical of coaches or players.
  - It is easy to try and tear a program, a coach, or an athlete down
  - It is much tougher to build it up, to keep it going, or to add onto the rich tradition of history that we have here at Park.
  - It is much tougher to put yourself on the line publicly for something, and most importantly to put yourself on the line for others.
- Please be respectful of the efforts of the players and the coaches



So That Once they leave us...



*There will always be  
something to do my boy;*

2025  
**PARK**  
**FOOTBALL**

GRILL + BAR

**APRIL  
26TH**

**8 AM -  
10 AM**



**\$12 PER  
PLATE**

**PANCAKE BREAKFAST**

**COTTAGE GROVE APPLEBEES**

**WOLFPACK**  
FOOTBALL GOLF & CORNHOLE CLASSIC

COTTAGE GROVE WOLFPACK & PARK FOOTBALL

**River Oaks Golf Course in Cottage Grove  
Friday, August 22nd, 2025**

Golf Begins at Noon (Check-In 11am)  
Cornhole Begins at 2pm | Dinner Begins at 5:30pm | Silent Auction/Raffle Begins at 6pm

**GOLF**

**\$440 / PER FOURSOME**

**\$110 / PER PERSON**

INCLUDES  
Green Fees  
Cart  
Dinner  
Hole Events  
Prizes

**BAGS**

**\$50 / PER PERSON**

**\$100 / PER TEAM**

INCLUDES  
Tournament Fees  
Dinner  
Prizes

**9-HOLE  
& BAGS**

**\$110 / PER PERSON**

INCLUDES  
Green Fees  
Cart  
Dinner  
Hole Events  
Bag Fees  
Prizes

**REGISTER ONLINE**

[CGAAFOOTBALL.ORG](http://CGAAFOOTBALL.ORG)

**100% OF THE PROCEEDS BENEFIT**  
Cottage Grove Wolfpack and Park Wolfpack Football



**SPONSORSHIP OPPORTUNITIES AVAILABLE**

Which include the Wolfpack Classic



## Final Words

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- Freshman only parent meeting April 13<sup>th</sup>
- We are very excited for Team 87 and this next season of Wolfpack football.
- Go Wolfpack!

**SOMEDAY YOU WILL BE  
JUST A MEMORY TO  
PEOPLE.**

**MAKE SURE YOU ARE  
A GOOD ONE.**