



Stillwater Ponies Football

Minnesota State Champions
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Stillwater Ponies Football Newsletter

Volume II, Issue 1

Winter 2013

Momentum

While reflecting over 2012, it is clear that the Stillwater Ponies football program has much to be grateful for and proud of. Our players, coaches, families, supporters, and booster club all shared in a momentous 2012, but, for the momentum to continue, it has to stay on track. Much work has been done, but there is far more to do. Our players have been invested in weight training classes, after school weight training and conditioning, and winter sport seasons. Many have practiced football specific drills in the gym and dome throughout the winter. These young men know, for two years in a row, the difference between the off-season and another game has been one single point and they are committing their efforts to prevent a similar future. Our coaches continue to analyze data from the 2012 season, investigate areas of improvement, and attend coaching clinics. Our 2013 captains' parents have already met with the outgoing captains' parents to transition into their role. Our booster club evaluated year one and is actively planning to make 2013 better by continuing to assist capital improvements and expanding the number of stakeholders in Ponies football. These initiatives indicate passion, pride, and purpose to continue building our strong program. A great 2012 does not a program make. We need to press on. There is work to do. Keep it rolling!

Tradition Renewed

Numerous projects began a year ago. Here is an update. Currently, the historical research to finalize our program's basic information concluded before the 2012 season. Secondly, poniesfootball.com went live in July 2012. The site celebrates our history and tradition, promotes our current players and teams, and seeks to connect our stakeholders everywhere. Enriching this site will be continuous. We continue to archive the stories of our program. We found and photocopied any relevant articles of Stillwater football from 1895-1980. When 1981-2000 photocopied the even bigger challenge of sharing the information will begin.

A Review of the 2012 Ponies Football Season

The varsity football team posted an 8-2 (7-1 SEC) season. The team was clutch, clinching six of their eight wins in the fourth quarter. The team earned the Suburban East Conference championship, the third in four years. Unfortunately, our team suffered their second straight one-point loss in the playoffs to finish the season (7-6 versus Rosemount) with a trip to the Metrodome on the line. Regardless, our young men have much to be proud of. More than anything, we commend our 48 seniors for making progress after a junior year filled with transitions. Some highlights include:

- Dedication of time, effort, and resources to promote character and leadership development
- Over 1500 hours of community service (an increase of 700 hours from 2011) to the football program (Ponies Youth Football Camp), those less fortunate in our world (Feed My Starving Children), those who do not have the same ability to enjoy sports (Special Olympics and Adapted Football Day), and three Stillwater nursing homes (cookout and visitation).
- The 2012 team posted a 5-1 record at Pony Stadium. The seniors conclude their career record at home at 9-2. Over the past four years, we are 20-3 at Pony Stadium.

- One player earned All-State, All Metro, and SEC Offensive MVP honors, our team earned the Silver Academic Award from the Minnesota Football Coaches Association, and 8 players earned All SEC honors.
- The high school, including the B Squad, Broncos, and Varsity, had a combined record of 23-4.

The Bronkos finished the season 7-0. The perfect record made them Junior Varsity Conference Champions. The B-Squad finished the year 8-2. They finished the season playing two games in four days, the last of which was a close game with Minnetonka (7-1) of the Lake Conference (Tonka’s only loss was 18-15 to Eden Prairie). The team conducted a successful food drive in which they collected a total of 3,642 pounds of food items. Liz Stone, the Director of Valley Outreach Food Shelf said the donations were immediately put to use. “What an awesome and generous contribution to the food shelf – thank you so much to you and all the team and family members involved! The food was quickly shelved and has been going out to families all week. Thanks again!” Oak-Land Junior High did not win a game, but the team showed improvement. Stillwater Junior High went 7-1. The Eagles posted their first victory against Cretin-Derham Hall. We look forward to all 75 of these ninth graders becoming one team.

2012 Participation

Football is a game of numbers. Our players and coaches have made a concerted effort to attract their classmates and friends to football and back to football. To field a competitive team, we need active, intense, and committed participation from a large group of players. Each player has a key role in fielding a successful team. It is important that we continue to schedule additional games to increase participation and try to maintain our coaching staff to ensure a quality experience for all players. Our freshmen numbers give us a chance to get the roster where we want to be. We hope that every ninth grader will come to the high school and play.

30	OLJH 9 th Grade	70	10 th Grade	48	12 th Grade
45	SJHS 9 th Grade	38	11 th Grade	231	Grade 9-12 Total
(increase of 36 from 2011)					

2013 Varsity Football Captains and their Parents

The 2012 varsity football team and coaching staff voted for captains at the conclusion of the season. The team selected Jake Olson, David Peterson, Mitchell Schertz, and Trevor Tillett. We expect our captains to link the players to the coaching staff throughout the off-season and then serve as a source of leadership in the fall. By the selection of their sons, the parents of the captains will link the parents to the team in organizing key events. Congratulations to our captains and the parents. Our captains have been an impressive presence in the weight room. Our captains’ parents have already had a transitional meeting with the 2012 captains’ parents and Coach LaBore. The 2013 captains’ parents are: Eric and Patti Olson; Chip Peterson, Jane Reed; Tom and Julia Schertz,; Mark Tillett, and Paula Tillett. They will reach out for your assistance as we plan for 2013. One of the first official duties of the captains will take place when we bag groceries at Cub Foods on Sunday, May 25 from 10 AM to 6 PM.

Stillwater Area High School Weight Room

The weight room is open Monday through Friday from 2:30 PM – 4:30 PM. Many of our football players have worked out three days a week on Monday, Wednesday, and Friday from 2:30 PM – 3:45 PM or more. Coach Weiss worked throughout the winter season. Coach Elmer will replace him in the spring. Coaches there are willing and able to help each athlete. Coach LaBore volunteers each of the workout days. If a football player is not in a high school sport or weight training class, they are expected to strength train. Strength training, plyometrics, and speed development are vital to our program. Developing strength and conditioning is the foundation for athletes who want to be successful in any competitive experience. Moreover, it is critical that a player be willing to apply himself for improvement four hours per week.

Attendance in the Weight Room

Football is a game of speed and strength, so consistent workouts to improve will pay off when the 2013 season begins. We had 25 football players in grades 10-11 play an SAHS winter sport. We had a quality group of athletes working hard December through February in the weight room. Our numbers in Weight Training and Condition class have been good too. The highlight of the winter came when 43 players worked out on February 27, the most in several years! The following is the attendance of our football players throughout the winter. Several players have perfect attendance in the weight room. The following key denotes the participation: B-Basketball, C-Class, H-Hockey, N-Nordic Ski, S-Swimming, X-Weight Room, W-Wrestling. **PLEASE SEE THE ATTENDANCE ATTACHMENT.**

Winter Weight Room Competitions

Throughout the winter weight room session we conducted a competition to end the week. The competitions span many different activities and focus on overall strength, athleticism, power, endurance, and speed. The winners will enjoy dinner together.

Week 1: Max Pullups with a Band – Caleb Fick, Week 2: Box Jumps – Justin Deshaw, Week 3: Bosu Ball Pushups – Caleb Fick, Week 4: 3-set Max Pullups with a Band – Caleb Fick, Week 5: 3-ball Sprint – Jake Olson, Week 6: Dot Drill 6x6 – Trevor Tillett, Week 7: Sled Push – Caleb Fick, Week 8: 45 lb. Plate Hold – David Peterson, Week 9: 4-Ball Zig-Zag – Jake Olson, Week 10: Weighted Sprints – Caleb Fick, Week 11: Box Jumps w/ 20yd Sprint – Joey Freichels, Week 12: Pro Agility – Jake Olson, Week 13: Strong Man – Keith Parendo

Junior High Weight Room

SEVENTH, EIGHTH, AND NINTH GRADERS ... YEAH YOU! The weight rooms at each junior high are open immediately after school on Mondays, Tuesdays, and Thursdays. Coach Salmi at OLJH and Coach Schumacher at SJHS are there to help you build strength and athleticism in the off-season. This is especially important to our ninth graders. For most of our competition, high schools are composed of 9-12 graders. Therefore, ninth graders are included in the after school workouts with 10-11 graders. We need you to capitalize on this opportunity. Before you know it, summer will be here and you will be expected to prepare like a high school football player. If you are not in an after school spring sport, be sure to take advantage of this opportunity.

Ponies Touchdown Club

The PTC is almost one year old. It has been a fantastic year for this organization. As mentioned in prior newsletters, the PTC is a 501(c)(3) nonprofit organization intended to support the Stillwater football program. The PTC has done a great job of executing immediately while planning the long term future of the program under the direction of Coach LaBore. The group has organized initiatives to bring stakeholders together. Finally, significant promotions and fundraising has helped the program make necessary improvements. The following are highlights from the second year under Coach LaBore with the assistance of the PTC in year one:

- Purchased new Riddell Revo Speed and 360 concussion reduction technology helmets for the majority of the 10-12 grade players (all 10-12 players will wear these helmets in 2013).
- Arranged an agreement with Adidas for low cost cleats and apparel for our football players and families.
- Replaced varsity uniforms with new state of the art Adidas Techfit uniforms. This significantly improved the sophomore jerseys by passing the old ones down.
- Purchased The Hudl web-based software so game film could be shared with other teams, colleges, and our players. This allows players and coaches to remotely view game films in addition to work done at the school. It also allows college programs to see our players.
- Funded junior high programs by adding one coach to each grade (7-9) at each school.

- Funded additional 10-12 grade football coaches.
- Created www.poniesfootball.com website to share past and present Stillwater football as well as provide up-to-date information to our current players and families. Also created and maintained a Facebook page, You Tube channel, Twitter account, and Scoop It news feed.
- Annual purchase of footballs, decals, and miscellaneous equipment.
- Supported coaching staff with some education resources and clinics.
- Contracted a historian to complete some historical work of the program.
- Created the annual Ponies Touchdown Club Scholarship worth \$1,000 for a senior football player.
- Created the Ponies Game Day Program featuring our players, program, tradition, and supporters.
- Purchased a multipurpose tent and table skirt with custom graphics to be used at promotional events.
- Improved the look of Ponies Stadium with windscreens on a majority of the chain link fences. The screens bring pride to the stadium and make a big place feel a little smaller.
- Assisted the program with day to day costs which essentially “nickel and dime” our program.
- Reconditioned and disinfected all 10-12 grade shoulder pads after 2012 season.
- Created gatherings after each home game to build community within parents, coaches, and supporters.

We have short term goals for our second year:

- Build an equipment garage with electricity on our practice fields to connect to the fields.
- Complete the goal to put each 10-12 grade football player in a concussion reduction technology helmet (32 more purchased).
- Purchase enough new shoulder pads for 10-12 grade players so all are ten years old or less (29 pair purchased with 11 replaced by the Activities Office). Some of these pads were 15-25 years old and had become worn, outdated, and bulky.
- Add coaches at all levels with particular focus on ninth grade. We believe coaches are a huge impact on young men and reducing the player-coach ratio can improve our performance on and off the field.

We have long range plans that we hope to implement in the future including:

- Assist the school district and community in making larger impact improvements to Pony Stadium including permanent ticket booths, restrooms, concession stands, and turf for playing field in the near future.
- Our weight room was the cream of the crop in 1993. It now lags behind many of the 5A and 6A schools in Minnesota. Equipment is necessary.

In short, the PTC seeks to continue our strong tradition as well as improve the Stillwater Ponies Football Program now and into the future. The safety and performance of our players is of the utmost importance to the football staff and the PTC board. We are striving to help Stillwater Ponies football become the most-respected program in the Minnesota.

Facilities

Pony Stadium

The Ponies Touchdown Club made a huge investment at our home field. Ponies Stadium is a big place. Therefore, the vision was to make it feel smaller while injecting some Pony pride. Almost all of the exterior fence, the fence in front and in back of the stands, and the top of the press box was wrapped with black customized screens. This project was detailed and required many hours of preparation, installation, and take down. The investment in time, talent, and treasure was worth it as it improved the look and feel of Pony Stadium.

Practice Field

The Ponies Touchdown Club has initiated the process to build a football storage garage near the practice field. Preliminary drawings and potential methods of construction are being considered. A meeting with the district administration is scheduled to determine the feasibility of this project. The goal to building this facility is to improve our football product. We spend the bulk of our time on the practice field to make that happen. There are many reasons for this garage. This includes, but is not limited to, the following:

- It can help our coaching staff plan and run better, more effective and efficient practices
- Set up and take down for practice is bothersome, time-consuming, and more than just an inconvenience
- Players transporting materials to and from the current shed can be a round trip of some 10-15 minutes on an average practice day
- Our current shed is at capacity. There are desired practice equipment additions to be added in the future. Moreover, due to the fullness of the shed, many pieces of equipment must be removed to access those toward the middle or back of the unit. In the end, we have to pull apart, reorganize, and put away our equipment daily
- We need a source of electricity on the practiced fields for a practice clock. This would also benefit equipment like our Juggs Machine which should get used 2-3 days per week but is rarely used do the time-consuming set up with 100+ feet of extension cords

Practice time is precious. We believe a garage will make our players, coaches, and team more efficient.

Start Dates for 2013 Spring Sports

Registration for spring sports is here. Forms are available at the activities office and on the SAHS activities website. Multi-sport athletes make our school and football program stronger. Starting dates for spring sports: **Baseball (March 18), Golf (March 18), Lacrosse (April 1), Tennis (March 25), and Track and Field (March 11).**

Schedule Information

The Suburban East Conference provides an outstanding website that can give you everything you need to know about team schedules. Though football season is over, this website, www.suburbaneast.org, can still be accessed for spring athletic events and 2013 football.

2013 Stillwater Ponies Varsity Schedule

08/29	Park	Away	10/25	Section Playoff	TBA
09/06	Forest Lake	Home (Parent Night)	11/01	Section Crossover	TBA
09/13	Cretin Derham Hall	Away	11/07 & 11/08	State 6A Quarterfinals	Dome
09/20	Hastings	Home (SCVAAHOF)	11/14 & 11/15	State 6A Semifinals	Dome
09/27	Mounds View	Away	11/29	State 6A Prep Bowl	Dome
10/04	Roseville	Home (Homecoming)			
10/11	East Ridge	Away			
10/16	White Bear Lake	Home (Senior Night)			***Not scheduled to play Woodbury (two years)

2013 10-12 Scrimmage

We will not host the annual 10-12 scrimmage in 2013. In 2011 we only had three teams. We picked up Elk River and Bloomington Jefferson to make it four in 2012. However, Jefferson backed out in January to host a scrimmage. I have sought a 6A team other than ourselves for over a year and have not been successful. This reality is unfortunate as this scrimmage has been taking place for decades and has been convenient for our players and families.

Our 10-12 players will scrimmage at Maple Grove going forward. I believe our players need to be challenged at the scrimmage. We will scrimmage some of the best teams in the state so our players know what it is going to take to win the SEC and get back to the Metrodome. We will face a combination of Maple Grove, Lakeville North, Rochester Mayo, and Totino Grace.

Our freshmen teams will also change their preseason scrimmage. OLJH and SJHS 9th grade teams will participate in the East Ridge Scrimmage on Friday, August 23 at 4:00 PM. This is an eight team scrimmage. Each team will scrimmage four times. This will help each team ramp up for their first game of the year against each other!

Player Equipment Requirements

Shoes: The 10-12 grade players are required to purchase and wear shoes the primary color of which should be black. There are no exceptions here. This should be plenty of advanced notice.

Girdle: All 10-12 players are required to purchase a built-in girdle. There is no question this equipment is superior to the old model. Options will be presented in the spring and summer.

Other: Each varsity player who meets the required Pony Card sales will be equipped with a team shirt, a short sleeved compression shirt, a pair of practice shorts, and game socks. Each sophomore player who does the same will be equipped with a team shirt and game socks. (Other incentives will be continued from last year.)

Weight Gain

Football is a sport where size can play a role in a team's success. Listed below are important points to consider if a player is trying to gain weight in a healthy manner (which is possible and academic):

- Strength training is key
- Breakfast is a must
- Eat good foods
- Add healthy snacks in between meals
- Drink water and avoid pop and energy drinks
- Gain one pound per week
- Get no less than eight hours of sleep each night
- Always work to get faster – Run, run, run!

Academic Eligibility

We are proud of our varsity team for earning the Silver Academic recognition from the Minnesota Football Coaches Association. This is the result of young men seeking excellence in the classroom. If you are concerned about your academic situation, do not hesitate to see Coach LaBore for ways to improve your performance. If your academic situation is in question your counselor or teacher will let Coach LaBore know anyway. We want you to succeed.

ACT 2013-2014

Interested in going to college? The following dates are open for taking the ACT. Clearly, taking this test outside an official sport season is appreciated by coaching staffs. Notice the registration dates. ACT information can also be accessed at (319) 337-1270 or www.actstudent.org.

- | | |
|-------------------|------------------------------------|
| -Test on 04/09/13 | Register by 03/08/13 |
| -Test on 06/08/13 | Register by 05/03/13 |
| -Test on 09/21/13 | Register to be determined in March |
| -Test on 10/26/13 | Register to be determined in March |

-Test on 12/14/13	Register to be determined in March
-Test on 02/08/14	Register to be determined in March
-Test on 04/12/14	Register to be determined in March
-Test on 06/14/14	Register to be determined in March

Coaching Staff News

Mark Elmer, the Stillwater varsity defensive coordinator and defensive backs coach, will receive the Butch Nash Award at the 49th Annual Minnesota Football Coaches Association Awards Banquet in April. This award is bestowed on an ideal assistant coach who displays loyalty, competency, rapport with players and coaches, integrity, and at least 15 years of experience. Coach Elmer joins former Ponies coaches Dennis Meyer, Jerry Foley, Donn Drommerhausen, and Dick Klein as Butch Nash Award recipients.

Former Coach Jerry Foley, the Ponies long time offensive coordinator, will be inducted into the MFCA Hall of Fame. Coach Foley dedicated his life to Stillwater Area High School and continues to support the Black and Red.

Finally, Noah Schumacher, the SJHS ninth grade coach, and his wife Melody are expecting their second daughter in early April.

2013 Important Dates

The last page of the newsletter is the Important Dates document. Please print and place this sheet somewhere prominent in your household.

Words of Wisdom

John Gagliardi of St. John's University, football's all-time wins leader, retired after the 2012 season after his 64th collegiate season (60 at SJU). One belief reflects John's approach to life, relationships, and football perfectly:

“We're just ordinary men, doing ordinary things, extraordinarily well.”

Ponies players have and will continue to hear this mantra. The game comes down to blocking and tackling, something anyone can do. The team that does it better celebrates on Friday nights.

Contact Information

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2013 Important Dates

Pony Power and Performance at Stillwater Area High School for Grades 9-12

Begins Tuesday, June 11 through Thursday, August 1 (27 workouts)

The MSHSL no contact week is Saturday, June 30 – Friday July 5. Therefore there will be no workouts on July 1-4.

Mondays – Tuesdays – Wednesdays – Thursdays

June 11, 12, 13, 17, 18, 19, 20, 24, 25, 26, 27 / July 8, 9, 10, 11, 15, 16, 17, 18, 22, 23, 24, 25, 29, 30, 31 / August 1

Juniors & Seniors start at 8:15 AM until 9:45 AM

Freshmen & Sophomores start at 7:30 AM until 9:00 AM

Cost of \$130 includes strength training, plyometrics, speed, change of direction, conditioning, and a shirt

Pony Power and Performance at Stillwater Area High School for Grades 7-8

Begins Tuesday, June 11 through Thursday, August 1 (21 workouts)

The MSHSL no contact week is Saturday, June 30 – Friday July 5. Therefore there will be no workouts on July 1-4.

Mondays – Wednesdays – Thursdays

June 12, 13, 17, 19, 20, 24, 26, 27 / July 8, 10, 11, 15, 17, 18, 22, 24, 25, 29, 31 / August 1

7th – 8th grade boys start at 11:15 AM until 12:45 PM

Cost of \$100 includes strength training, plyometrics, speed, change of direction, conditioning, and a shirt

Pony High School Camp at Stillwater Area High School

Tuesday, June 11 through Thursday, June 13 from 12:00 PM – 2:30 PM

Offensive and defensive installation camp for students entering grades 10-12

Cost of \$40 includes a shirt

Pony Junior High Camp at Stillwater Area High School

Monday, July 29 through Thursday, August 1 from 5:00 PM – 7:00 PM

Offensive and defensive installation and development camp for students entering grades 7-9

Cost of \$50 includes a shirt

Ponies Youth Football Camp with Coach LaBore & Stillwater High School Players at Stillwater Area High School

Monday, July 29 through Friday, August 2 from 12:00 PM – 2:00 PM

Sunday Night Football for 11-12 Grade Football Players at Stillwater High School Practice Fields

July 7, 5:00 PM

July 14, 5:00 PM

July 21, 5:00PM

July 28, 5:00 PM

2012 Stillwater Ponies Fall Sports Registration

Monday, August 5 – Friday, August 9 from 7:00 AM – 3:30 PM

Grade 10-12 football practice begins Monday, August 12

2012 Stillwater Ponies Football Equipment Handout at Stillwater Area High School

To get equipment players MUST BE REGISTERED – No exceptions!

Tuesday, August 6: Seniors at 9:00 AM, juniors at 9:45 AM, and sophomores at 10:30 AM

Pictures and Mandatory Parents Meeting on Friday, August 23 at 6:00 PM at The Stable and Pony Stadium

Please contact Coach LaBore by email laboreb@stillwater.k12.mn.us with any questions.