



2019 Spring Kick Off Meeting 128th Year of Elks Football

Agenda

5:30 – 6:00 Check In with QB Club

**6:00 – 6:30 9-12 Football Meeting – ERHS Zabee Theater
QB Club / Fertilizer Meeting**

6:30 – 7:30 Team Meetings

- Freshmen: ERHS Room 105
- Varsity/JV/Soph's: ERHS Zabee Theater

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

Head Coach - Steve Hamilton

- **Cell # 763-234-9948**
- **Email: steven.hamilton@isd728.org**

Elks QB Club President – Dave Williams

- **Cell #612-282-9923**
- **Email: djw62563@hotmail.com**

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

Remind - Text Messaging Service for Parents

**** Parents (9th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1909parent

**** Parents (10th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1910parent

**** Parents (11th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1911parent

**** Parents (12th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1912parent

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

Remind - Text Messaging Service for Players

**** Players (9th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1909player

**** Players (10th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1910player

**** Players (11th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1911player

**** Players (12th)** - Text following code to 81010 or use this phone number
(763) 515-0807 - Code: @1912player

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

Follow Elks Football on Social Media:

Website – www.elkriverfootball.com

Facebook Football – www.facebook.com/ElkRiverElksFootball

Facebook QB Club - www.facebook.com/ElkRiverQuarterbackClub

Twitter – @ElkRiverElksFB

Email – elkriverelksfootball@gmail.com

Parents of Team 128 Facebook –

<https://www.facebook.com/groups/291370631240220/>

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

2019 Summer Strength & Speed

The Elk River Strength & Speed program offers each participant the opportunity to become a better athlete through a sound strength and speed development program. This program has proven to assist its participants to have greater success in their respective sports.

The three primary goals of the program are:

- * To decrease the chance of injury for each participant
- * To give each participant a greater chance to reach his/her potential
- * To help increase each participant's self-confidence

Program Design

Each session is designed as follows:

- * Warm-up/Flexibility
- * Speed/Agility Work
- * Core Strength/Abdominal work
- * Strength Training

Each strength-training program is individualized and based on each individual's strength level.



The program dates are June 10 to August 1, not meeting the week of July 1 to 5.

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

Community Service

Community Service is activities or events that players help out within our community, not team related activities, and must be approved by Coach Hamilton and a verification sheet must be turned in. Hours performed from end of last football season till the end of this years season will count for the current year. Varsity players will receive a helmet sticker for every 8 hours.

Community Service Award - Given to the player with the most verified community service hours.

As a requirement to letter all varsity football players will need to perform 8 hours of community service.

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

Summer Practices/Meeting Days

****Equipment Pick-Up** – June 4 after school & June 5 at 6:00 pm

****Summer Strength & Speed** – June 10 to August 1 - Sign up with Coach Breyen

****Mini Camp 1 Practices (V/JV/10)** – June 10, 11, 12, & 13 - times TBA

****Senior Leadership Camp** – June 12, & 13, at 6:00 pm

****UMD Football Camp** – June 17, 18, & 19 – bus fee \$50 pd to QB Club

Sign-up for camp at <http://football.umbulldogsportcamps.com/team-camp.cfm>

****Walk-Thru/Meetings/Video** – Monday & Tuesday's June 24 to July 16–TBA

****Mini Camp 2 Practices (V/JV/10)** – July 22, 23, 24, & 25 at 10:00 am to 1:00 pm

****Freshman Practices & Mini Camp** – Will be same days as Varsity! Times TBA

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

Fall Practices Days (V/JV/10th)

1st Week: Monday through Friday - Aug 12, 13, 14, 15, & 16 -

8-8:45 am – walk thru, **9-11:00 am** - practice - Gold Card Blitz Day - **Aug 15 = 11:30 - 8:00**

2nd Week: Mon/Wed/Fri – Aug 19, 21, & 23 -

8-8:45 am – walk thru, **9-noon** - practice

2nd Week: Tues/Thur – Aug 20 & 22 - **8-8:45 am** – walk thru, **9-11:00 am** – practice

2nd Week: Sat. – Aug 24 - V/JV Scrimmage at Spring Lake Park- 10:00 am

Sophomore Scrimmage at Spring Lake Park – 8:00 am

3rd Week: Aug 26 – 30 - Practice 2:30 to 5:30 – Varsity Game on Aug 29 vs Brainerd

Freshman Fall Practices – TBA later this spring or early summer Starts Aug. 12th

Freshman Scrimmage - Friday, Aug 23 at Mounds View

TEAM 128 - ELK RIVER FOOTBALL



2019 Spring Kick Off Meeting 128th Year of Elks Football

OTHER IMPORTANT DATES

- Fertilizer Fundraiser – **March 3 to 14, pickup March 23**
- Heggies Pizza Fundraiser – **Starts June 4, more info TBA**
- Youth Camp – **July 22, 23, 24, & 25 at 6:00 to 8:00 pm**
- Golf Tournament Fundraiser – **Friday Aug 2, 8:30 am start**

- Registration Night – **August 5 at 6:00 pm**
- 1st Day of Practice! - **August 12 at 7:00 am**
- Gold Card Sale – **August 5 to 15,**
- Gold Card Blitz Day - **August 15 at 11:30-8:00 pm**

- Youth Night 7:00 pm – **August 29 vs. Brainerd**
- Family Night 7:00 pm – **September 13 vs St. Francis**
- Homecoming 7:00 pm – **September 27 vs Chisago Lakes**
- Senior Night & Faculty Appreciation 7:00 pm – **October 11 vs. Monticello**

TEAM 128 - ELK RIVER FOOTBALL