



Mission Statement

- To build a program that makes a lifelong mark on participants through authentic and transformational relationships that are evident on the field, in the schools, and throughout communities.

Empower Leaders

- Summer leadership council.
- Leaders are identified and equipped to serve the team and advance the culture of the program.
- Captains are launched from the leadership council.
- Leaders eat last.



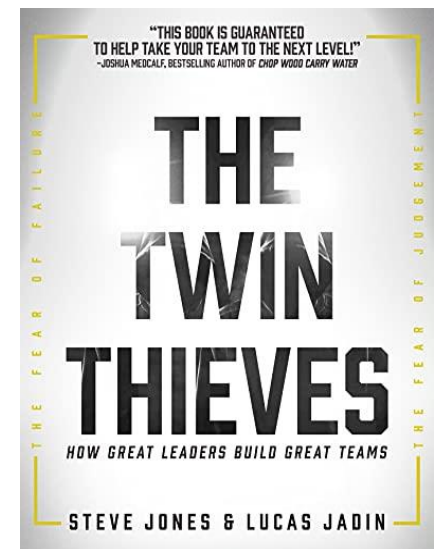
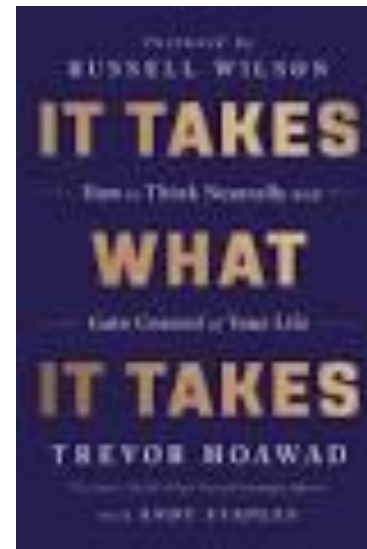
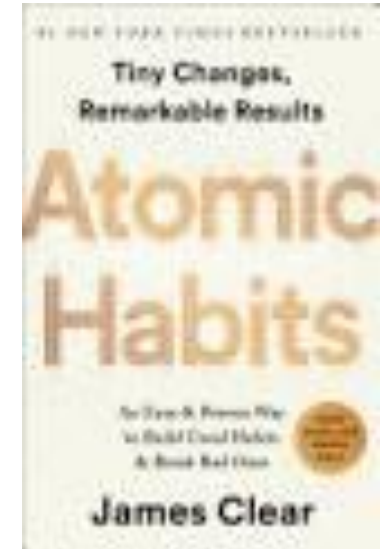
Bad teams: No one leads.
Average teams: Coaches lead.
Elite teams: Players lead.

P.J. Fleck



Develop "our culture"

- How do we communicate?
- How does our behavior affect direction?
- How do we respond to adversity?
- How do we train?
- How do we recognize each other and celebrate contributions?



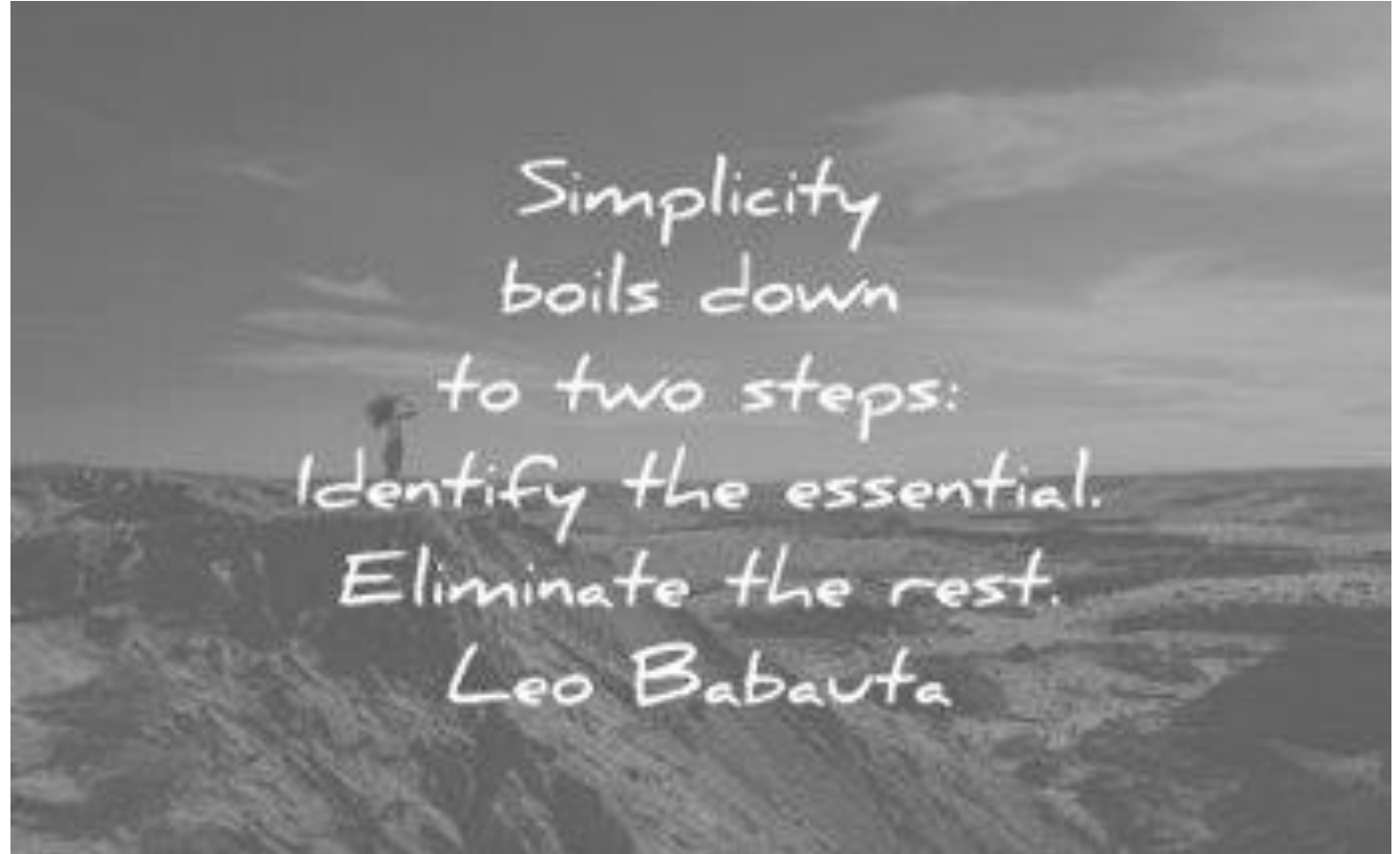
Ensure

- Player safety is a top priority!
- Blocking taught is head up and out of contact.
- Tackling taught is Seahawk Tackling, rugby derived to keep the head out of collision.
- Practice drills and engagement periods are designed to minimize live contact.
- Practice schedules are structured to keep players fresh, alert, and healthy.
- Key Motto: When in doubt, sit them out.
- Assess and plan for recovery with our training staff.



Simplify

- Simplify our systems in every phase of the game.
- Streamline our language and vernacular.
- Play free and fast football!



Communicate

- Share ideas with honesty and humility.
- Use our tools (Hudl, email, practices) to gather information.
- Year-round communication with players and families about development expectations and opportunities.



Accelerate

- Sprints based football
- Speed training twice a week as the bulk of conditioning.
- Testing twice a week. Minimal reps with focus on fast, fresh players on Fridays.
- Heavy install from Brandon Peterson.
- Position coaches designated with specific roles within the programming.



2023 SMB Wolfpack Schedule

- Thursday 8/31/23 @ Mound-Westonka
- Thursday 9/7/23 vs. South St. Paul
- Friday 9/15/23 vs. Orono
- Friday 9/22/23 @ Holy Angels
- Saturday 9/30/23 @ BSM
- Friday 10/6/23 vs. Totino Grace
- Friday 10/13/23 @ Providence
- Wednesday 10/18/23 vs. Holy Family
- Tuesday 10/24/23 - Section Playoffs 1st Round



Focus on
Growth



Summer Strength and Conditioning

Monday-Thursday

8:00-9:30

Minnehaha South Campus (Ice
Arena)

<https://payit.nelnet.net/form/CbdRj1YW>

June Schedule

2023 SMB Football Calendar				
June	Date	Time	Location	Who
SMB Kick-Off	Sunday 6/11	6:30 PM	Minnehaha Upper	2024-2027
V/JV/C OTA (Helmet Issue)	Monday 6/12	6:00 PM	Minnehaha Lower	2024-2027
V/JV/C OTA	Tuesday 6/13	7:00 PM	Minnehaha Lower	2024-2027
Edina 7on7	Wednesday 6/14	C/JV-6:30 PM - VAR-7:30 PM	Kuhlman Stadium, Edina	2024-2027
V/JV/C OTA	Thursday 6/15	7:00 PM	Minnehaha Lower	2024-2027
V/JV/C OTA	Tuesday 6/20	7:00 PM	TBD	2024-2027
Edina 7on7	Wednesday 6/21	C/JV-6:30 PM - VAR-7:30 PM	Kuhlman Stadium, Edina	2024-2027

July Schedule

July	Date	Time	Location	Who
MSHSL "Dead Period"	7/1 - 7/7	NA	NA	NA
V/JV/C OTA	Tuesday 7/11	7:00 PM	TBD	2024-2027
Edina 7on7	Wednesday 7/12	C/JV-6:30 PM - VAR- 7:30 PM	Kuhlman Stadium, Edina	2024-2027
V/JV/C OTA	Tuesday 7/18	7:00 PM	TBD	2024-2027
Edina 7on7	Wednesday 7/19	C/JV-6:30 PM - VAR- 7:30 PM	Kuhlman Stadium, Edina	2024-2027
V/JV/C OTA	Tuesday 7/25	7:00 PM	TBD	2024-2027
V/JV/C OTA	Wednesday 7/26	7:00 PM	TBD	2024-2027
V/JV/C OTA	Thursday 7/27	7:00 PM	TBD	2024-2027

August Schedule

August	Date	Time	Location	Who
First Day of Practice - V/JV/C	Monday 8/14	TBD	Minnehaha Lower School	2024-2027
First week of Fall Camp - V/JV/C	8/15-8/18	TBD	Minnehaha Lower School	2024-2027
Second week of Fall Camp - V/JV/C	8/21-8/25	TBD	Minnehaha Lower School	2024-2027
Team Picture Day	Tuesday 8/22	TBD	Minnehaha Lower School	2024-2027
C-Squad Scrimmage	Tuesday 8/22	TBD	Minnehaha Lower School	2027
Rockford Scrimmage	Saturday 8/26	9:00 AM	Rockford High School	2024-2027
First Varsity Game - Opponent - TBD	Thursday 8/31	7:00 PM	Mound Westonka High School	Varsity
Labor Day Practice	Monday 9/4	4:00 PM	Minnehaha Lower School	V/JV - C is off