

## MINNETONKA HIGH SCHOOL ATHLETIC DEPARTMENT VISION / MISSION STATEMENT

The Minnetonka school board recognizes co-curricular activities play a role in the academic, social and emotional growth and development of students by nurturing the following attitudes and skills within program participants. :

- Positive self image
- Ability to work with others
- Leadership qualities
- Goal setting and follow-through skills
- Physical ability
- Healthy habits regarding mind and body
- Competitive experience and understanding of the value of cooperation
- The joy of learning
- Self discipline
- Ethical standards

***“Tonka Pride”***



# MINNETONKA FOOTBALL PHILOSOPHY

**Mission Statement:** To develop quality young men for life while pursuing excellence on the field.

## 2009 GOALS:

1. Have fun.
2. Become the best football team we can.
3. Represent Minnetonka as best we can.
4. Have each player take something from our program that will help later in life.

## PHILOSOPHY:

1. Platoon Football
2. Multiple Two Back Offense
3. 3-4 Defense
4. Sound Special Teams
5. Emphasis on academics
6. Emphasis on strength training
7. Emphasis on being a multi-sport athlete

## PARENT / COACH COMMUNICATION

1. Player / Position Coach talk
2. Player / Head Coach talk
3. Player and Parent meet with Head Coach and Position Coach

**Feel free to call anytime regarding injuries, school problems, or help you may need.**

### Varsity

Dave Nelson 952-401-0022 (Home) 952-401-5948 (School)  
Email: [dave.nelson@minnetonka.k12.mn.us](mailto:dave.nelson@minnetonka.k12.mn.us)

### Sophomore

Matt Wiitala 612-232-1176 (Cell)  
Email: [matt.wiitala@minnetonka.k12.mn.us](mailto:matt.wiitala@minnetonka.k12.mn.us)

### Freshmen

Darren Best 952-442-2954 (Home) 952-401-5754 (School)  
Email: [darren.best@minnetonka.k12.mn.us](mailto:darren.best@minnetonka.k12.mn.us)



# **POLICIES AND PROCEDURES**

## **TEAM POLICIES:**

Players will be expected to abide by the following policies and team rules:

1. Do nothing that would embarrass the team or one's teammates.
2. Adhere to all Minnetonka Public School policies as well as the specific standards of the football program.
3. Attend class.
4. Be on time for practices and games.
5. Communicate directly with coaches regarding practice or game conflicts.

Consequences not related to MHS or MSHSL policies will be dealt with on a one on one basis.

## **SCHOOL ATTENDANCE:**

Players must attend three classes in order to practice or play. This policy does not pertain to field trip situations.

## **INJURY PROCEDURE:**

If an injury occurs during practice or during a game, a coach will make an effort to contact you. If it is an emergency and we cannot contact you, we will get your son to a doctor if you consent. A trainer is present at varsity games and practices as well as most lower level games. The trainer will treat non-emergency situations.

All injured players will dress for practice and games unless the trainer and head coach decide it is not practical.

## **IN CASE OF ILLNESS:**

Please contact Dave Nelson – Varsity Team (952-401-5948). Matt Wiitala – Sophomore Team (612-232-1176) (Cell) or Darren Best – Freshmen Team (952-401-5754) if you cannot attend school because of illness.

## **UNIFORM CARE:**

1. If possible, clean immediately after wearing or soak in cold water overnight.
2. Shake off dried mud or rinse off wet mud before cleaning.
3. Avoid excessive heat while washing and drying.
4. Please mend snags and rips after cleaning.
5. Use regular detergent.
6. Avoid bleach!!!

## POLICIES AND PROCEDURES

### **FOOTBALL EQUIPMENT:**

The football equipment your son wears is the best money can buy. The coaching staff individually fits each player. We teach the most up-to-date techniques in the game of football. Your son is taught safe blocking and tackling techniques. He is constantly reminded to avoid leading with the head.

### **EQUIPMENT POLICY:**

Your son is responsible for the equipment issued to him. Players must pay for any unreturned or damaged equipment.

### **REFUND POLICY:**

School equipment must be returned before a refund is issued

1. Injury or Transfer – Refund is pro-rated.
2. Ineligibility – No refund as student may continue to practice.
3. Dropout – If Activities Office is notified before the 1<sup>st</sup> scheduled game, then a 75% refund of the uniform/equipment fee will be refunded. No refund will be given after the 1<sup>st</sup> scheduled game.

### **NUTRITION:**

**Pre-game:** A good pre-game meal consists of carbohydrates and should be consumed 3 to 4 hours before game time. Avoid proteins and sugars, as they are hard to digest. Pancakes, pasta, and breads are examples of good pre-game foods.

**Game Week:** A good diet and plenty of rest are essential. The meal consumed the night before the game is also very important. The drinking of fluids during the week and the night before the game is very important.



## **PRACTICE POLICIES**

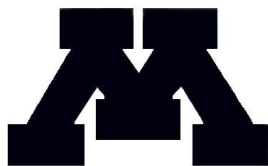
1. A player must be at practice unless he is sick and not in school or if excused by the Head Coach.
2. A player must attend three classes in order to practice or to participate in a game. A player is allowed to practice or play in a game if he is absent from school due to a school field trip or school function.
3. An injured player must be at practice and dressed in practice uniform unless the Head Coach excuses him.
4. A player must be at Saturday practice unless the Head Coach has excused him.
5. A player with an unexcused absence from practice will not start for that particular game. A second unexcused absence could lead to squad dismissal.

### **MSHSL POLICY:**

Minnesota State High School League Policy will be enforced at all times during the season and during the off-season. Policies are included in the State High School League brochure. A player who is serving a penalty practices with the team but does not participate in any games until the penalty time is over.

### **LETTERING POLICY**

A letter will be awarded to every varsity player who ends the season in good standing.



## 2009 MINNETONKA FOOTBALL SCHEDULE

### VARSITY

Friday, September 4	Fargo North	Away	7:45 PM
Friday, September 11	Wayzata	Home	7:00 PM
Thursday, September 17	Hopkins	Home	7:00 PM
Friday, September 25	Armstrong	Away	7:00 PM
Friday, October 2	Edina (Homecoming)	Home	7:00 PM
Friday, October 9	Detroit Lakes (Senior Night)	Home	7:00 PM
Saturday, October 16	Stevens Point	Away	7:00 PM
Wednesday, October 21	Wayzata	Away	7:00 PM
Tuesday, October 27	Section 6AAAAA (Quarterfinals)	TBD	7:00 PM
Saturday, October 31	Section 6AAAAA (Semifinals)	TBD	1:00 PM
Friday, November 6	Section 6AAAAA (Finals)	TBD	7:00 PM
Friday, November 13	State 5A Quarterfinals	Metrodome	7:00 PM
Saturday, November 21	State 5A Semifinals	Metrodome	7:00 PM
Friday, November 27	Prep Bowl	Metrodome	7:00 PM

### JUNIOR VARSITY

Saturday, September 5	Rochester Century	Home	10:00 AM
Saturday, September 12	Wayzata	Away	10:00 AM
Saturday, September 18	Hopkins	Away	4:00 PM
Saturday, September 26	Armstrong	Home	10:00 AM
Saturday, October 3	Edina	Away	10:00 AM
Saturday, October 10	St. Thomas Academy	Away	10:00 AM
Saturday, October 17	TBD	TBD	10:00 AM
Thursday, October 22	Wayzata	Home	4:00 PM

### SOPHOMORE "A"

Friday, September 4	Fargo Davies	Away	4:00 PM
Thursday, September 10	Wayzata	Home	4:15 PM
Thursday, September 17	Hopkins	Home	4:15 PM
Thursday, September 24	Armstrong	Away	4:15 PM
Thursday, October 1	Edina	Home	4:15 PM
Thursday, October 8	Minneapolis Southwest	Home	4:00 PM
Friday, October 16	Stevens Point	Away	4:00 PM
Thursday, October 22	Wayzata	Away	4:15 PM
Thursday, October 29	Totino Grace	Away	4:15 PM

## 2009 MINNETONKA FOOTBALL SCHEDULE

### SOPHOMORE "B"

Friday, September 11	Wayzata	Away	4:15 PM
Friday, September 18	Hopkins	Away	4:15 PM
Friday, September 25	Minneapolis South	Home	4:30 PM
Friday, October 2	Osseo	Away	4:15 PM
Friday, October 9	Rosemount	Home	4:15 PM
Friday, October 23	Wayzata	Home	4:15 PM

### FRESHMAN "A"

Wednesday, September 2	Prior Lake	Away	4:15 PM
Friday, September 11	Wayzata	Home	4:15 PM
Thursday, September 17	Hopkins	Away	4:15 PM
Friday, September 25	Cretin Derham Hall	Away	4:15 PM
Friday, October 2	Armstrong	Home	4:15 PM
Friday, October 9	Edina	Home	4:15 PM
Friday, October 14	Wayzata	Away	4:15 PM
Friday, October 23	Hopkins	Home	4:15 PM
Wednesday, October 28	Totino Grace	Home	4:15 PM

### FRESHMAN "Blue"

Thursday, September 3	Prior Lake	Home	4:15 PM
Monday, September 14	Wayzata	Home	4:15 PM
Monday, September 21	Elk River	Away	4:15 PM
Monday, September 28	Eden Prairie	Away	4:00 PM
Monday, October 5	Osseo	Home	4:15 PM
Monday, October 12	Edina	Away	4:15 PM
Monday, October 19	Wayzata	Home	4:15 PM
Monday, October 26	Hopkins	Away	4:15 PM

### FRESHMAN "White"

Friday, September 4	Blaine	Away	10:00AM
Monday, September 14	Wayzata	Away	4:15 PM
Monday, September 21	Hopkins	Home	4:15 PM
Monday, September 28	Cretin Derham Hall	Home	4:15 PM
Monday, October 5	Armstrong	Away	4:15 PM
Monday, October 12	Eden Prairie	Home	4:15 PM
Monday, October 19	Wayzata	Away	4:15 PM
Monday, October 28	Totino Grace	Home	6:00 PM

## DIRECTIONS TO SCRIMMAGES

### MAPLE GROVE – 9<sup>th</sup> Grade Scrimmage (Saturday, August 23, 9:00 AM)

**Address:** 9800 Fernbrook Lane, Maple Grove, MN 55369

**Phone:** (763) 391-8700

**Directions:** Take 494 North to I94 (St. Cloud). Take the County Road 30 exit. Turn right on 93<sup>rd</sup> Avenue North. Turn left on Fernbrook.

Estimated Time: 24 minutes

Total Distance: 20 miles

## DIRECTIONS TO AWAY GAMES

### ARMSTRONG:

**Address:** 10635 36<sup>th</sup> Avenue North, Plymouth, MN 55441

**Phone:** (763) 546-3266

**Directions:** Highway 7 west to Highway 169 north to 36<sup>th</sup> Avenue West. Take left on 36<sup>th</sup> Avenue West. Armstrong is located on the left.

Estimated Time: 19 minutes

Total Distance: 14.6 miles

### BLAINE:

**Address:** 12555 University Avenue NE, Blaine, MN 55434

**Directions:** Take Highway 7 to I-494N. Merge onto I-494 N. Continue on I-494 to I-694 E. Take 169 North for 4 miles. Take 610 East for 7 miles. Take University Avenue North for 4 miles.

Estimated Time: 39 minutes

Total Distance: 31 miles

### CRETIN DERHAM HALL:

**Address:** 550 Albert St S, St. Paul, MN 55116

**Phone:** 651-690-2443

**Directions:** Take Highway 7 east to I-494 S. Take 494 to I-354 E N, merge onto I-35E N via Exit 70 towards St. Paul. Take the Randolph Ave Exit (104A). Turn left on to Randolph Avenue/CR-38. Turn left onto Albert St S. End at 550 Albert St S.

Estimated Time: 24 minutes

Total Distance: 31 miles

### EDEN PRAIRIE:

**Address:** 17185 Valley View Road, Eden Prairie, MN 55346

**Phone:** 952-975-8100

**Directions:** County Road 101 South. Turn left on Highway 62. Go one mile and turn left on Duck Lake Road. Go to Valley View Road and turn left.

Estimated Time: 12 minutes

Total Distance: 6 miles

### EDINA:

**Address:** 5701 Normandale Road, Edina, MN 55439

**Phone:** (952) 848-3815

**Directions:** Highway 7 East to Highway 100 South. Go to Benton Road and turn left. Cross over Highway 100 to service road.

Estimated Time: 18 minutes

Total Distance: 13 miles

### ELK RIVER:

**Address:** 900 School Street, Elk River, MN 55330

**Phone:** (763) 241-3434

**Directions:** 494 North for 12 miles. Merge onto 94 West via Exit 27. Merge onto Highway 101 via Exit 207. MN 101 becomes US 169. Turn left onto School Street NW.

Estimated Time: 37 minutes

Total Distance: 33 miles

### FARGO DAVIES:

**Address:** 7150 25<sup>th</sup> Street South, Fargo, ND 58104

**Phone:** (701) 446-1200

**Directions:** Turn left at Highway 101. Turn right at MN-7. Turn right at MN-7. Merge onto I-94 W. Take exit 351 for US 81 S. Turn left at Route 81/S University Dr. Turn right at 64<sup>th</sup> Ave S/Twp Rd. Turn left at 173<sup>rd</sup> Ave SE/25<sup>th</sup> St SW. Destination will be on the left.

Estimated Time: 3 hours and 44 minutes

Total Distance: 239 miles

**FARGO NORTH:****Address:** 801 17<sup>th</sup> Ave. North Fargo, ND 58102**Phone:** (701) 446-2400**Directions:** Turn left at Highway 101. Turn right at MN-7. Take the ramp onto I-494 N. Merge onto I-94 W. Take exit 351 for University Dr/US 81 N. Turn right at 13th Ave S. Turn left at 10th St S. Turn right at 17th Ave N. Destination will be on the left.

Estimated Time: 3 hours and 39 minutes

Total Distance: 237 miles

**HOPKINS:****Address:** 2400 Lindbergh Drive, Minnetonka, MN 55305**Phone:** (952) 988-4500**Directions:** East on Hwy 7 to 73 (Hopkins Crossroads). Go North (left) on 73, East (right) on Cedar Lake Road, North (left) on Lindbergh Drive.

Estimated Time: 14 minutes

Total Distance: 8 miles

**OSSEO:****Address:** 317 2<sup>nd</sup> Ave. NW Osseo, MN 55369**Phone:** (763) 391-8500**Directions:** Turn left at Highway 101. Turn right at MN-7. Take the ramp onto I-494 N. Take the exit onto I-694 E/I-94 E toward I-694 E. Take exit 29B to merge onto US-169 N. Turn left at Industrial Blvd/MN-101/MN-278. Turn right at 1st St NW. Turn left at 3rd St NW. 3rd St NW turns right and becomes 2nd Ave NW. Destination will be on the left.

Estimated Time: 28 mins

Total Distance: 20.7 miles

**PRIOR LAKE:****Address:** 7575 150<sup>th</sup> Street West**Phone:** (952) 226-8600**Directions:** Take 494 South to 169 South. Go south on 169 for 4.5 miles. Merge onto County Road 101 for 1.3 miles. Turn right on MN 13 South for 3 miles. Turn left onto Zinran Avenue. Go one mile and turn left onto 150<sup>th</sup> Street West.

Estimated Time: 28 minutes

Total Distance: 21 miles

**ST. THOMAS ACADEMY:****Address:** 949 Mendota Heights Road, Mendota Heights MN 55120**Phone:** 651-454-4570**Directions:** Take Hwy 7 east to I-494S. Take Dodd Rd/MN-49, exit 69, toward MN-55. Keep right at the fork to go on Dodd Rd/MN-149 N. Turn left onto Mendota Heights Rd.

Estimated Time: 27 minutes

Total Distance 22.85 miles

**STEVENS POINT:****Address:** 2400 Main St Stevens Point, WI 54481**Phone:** (715) 345-5422**Directions:** Turn left at Highway 101. Turn right at MN-7. Take the ramp onto I-494 S. Take exit 58B to merge onto I-94 E toward Madison. Take exit 52 toward Chippewa Falls/Green Bay. Merge onto US-12/WI 29. Take the WI-51 S/WI-29 W exit toward Stevens Point/Green Bay. Merge onto US-51 S/WI-29 E. Continue on I-39. Take exit 159 for WI 66 toward Stevens Point/Rosholt. Turn right at Stanley St/WI-66. Turn left at Michigan Ave/WI-66.

Estimated Time: 3 Hours and 55 Minutes

Total Distance: 236 miles

**TOTINO GRACE:****Address:** 1350 Gardena Avenue, Fridley, MN 55432**Phone:** (763) 571-9116**Directions:** 494 North to 694 East. Exit on Highway 65 North. Turn left on 65. Take 1<sup>st</sup> right onto Old Central. Turn right on Gardena Avenue.

Estimated Time: 30 minutes

Total Distance: 27 miles

**WAYZATA:****Address:** 4955 Peony Lane North, Wayzata, MN 55446**Phone:** (763) 745-6600**Directions:** 494 North to Highway 55 West. Turn left onto Olson Memorial Highway/Highway 55 for 3 miles. Turn right onto Peony Lane North

Estimated Time: 18 minutes

Total Distance: 14 miles



## **“ When Parents Cross the Line”**

Bruce Brown, speaker for the National Association of Intercollegiate Athletics and its “Champions of Character” program, has great advice for the parents who have children competing in high school athletics. “Athletics is one of the best places for young people to take risks and fail,” Brown said. Brown outlines “red flags” that indicate a parent may be too involved.

1. Parents who share the credit for their child’s accomplishments.
2. An athlete who avoids a parent after the game.
3. When the game’s outcome means more to the parent than the player.
4. Parents who try to solve problems best left to the team and players.

Brown encourages parents to ask their sons or daughters these questions before the season starts.

1. Why are you playing?
2. What is a successful season?
3. What goals do you have?
4. What do you think your role will be on the team?

He encourages parents to ask themselves the same questions, plus what the parent hopes to gain from their child experience. “If your answers are different from theirs, you need drop yours and accept theirs,” he advises. For example, if an athlete is playing basketball because he likes the sport and enjoys being apart of the team, trouble is inevitable if the parent’s chief objective is to win a college scholarship.

The coach – parent relationship can be a delicate one, and Brown said there are “appropriate” and “inappropriate” subjects to discuss with coaches. Appropriate subjects include mental and physical treatment of a child, ways to help their child improve and any concerns about the athlete’s behavior. Inappropriate subjects include playing time, strategy, and other team members.

Brown is quick to remind everyone that the only guarantee in a sports season is “that it won’t be perfect.” “Even if there aren’t problems among player, parents and coach, there are going to be problems with relationships on the team, problems with playing time, and problems with individual and team success,” he said. As a coach, Brown said he had on commandment for his players: “D 10 your teammates down.”

## TEN COMMANDMENTS OF FOOTBALL PARENTS

*“As parents, encourage – do not complain; motivate – do not agitate; be a team parent.”*

1. Be positive with your son. Let him know it is a great accomplishment to simply be a part of Minnetonka Football.
2. Do not offer excuses for why he is not playing. There is usually a reason for it. Encourage him to work hard and do his best.
3. Do not criticize his coaches. The coach represents: the Boss, Authority, the Parent, and the Teacher. If you constantly criticize your son’s coaches, you cannot expect him to play for them. He is being taught to be a complainer, not a doer. Discuss problems with your son. If needed, have your son talk to his position coach. If you are still not satisfied, meet with Coach Nelson. Problems do not get solved unless your son communicates with his coaches.
4. Encourage your son to follow team and school rules. If we are going to truly be successful, your son must follow the MSHSL rules, Minnetonka High School rules, and Minnetonka Football rules.
5. Insist on your son working to his ability academically. Check the number of hours your son spends on homework. It is the duty of the parent to see that their son is working in the classroom. No matter how good a player he may be, if he doesn't have good grades he doesn't get in to college – times have changed.



## TEN COMMANDMENTS OF FOOTBALL PARENTS

6. Do not develop envy toward other players. Do not live your life vicariously through your son. Football is a game – let them play it. Do not show animosity or jealousy for any of your son’s teammates because they carry the ball more, score more touchdowns, or get more publicity. Who cares who scores or gets the publicity. The important thing is that every player on the team does his best!
7. Do not be a know-it-all. The coaching staff at Minnetonka works with your son and his teammates every day. They know what each player can do and what each player cannot do. As a fan, you are encouraged to be “into the game,” but please be positive toward our players and coaches.
8. Insist on your son’s respect for the game of football, the officials, and our opponent’s players and coaches. Instill in him the importance of sportsmanship. Make sure he understands how important it is to have “class.” It takes years to develop a “class” program, but it can take seconds to destroy it.
9. Foster in your son a positive self-image. Do not compare and contrast your son with former family members who played. Help him in any way possible to feel good about himself and his role in Minnetonka Football.
10. Encourage your son to play the game of football for the “love of the game.” Winning will take care of itself. Post-season awards will take care of themselves. College scholarships will take care of themselves. Usually, good things happen to teams and individuals who happen to be unselfish, hard working, and committed.



# MINNETONKA TOUCHDOWN CLUB

## PHILOSOPHY:

The mission of the organization is to promote and enhance the football program at Minnetonka High School. There are 22 different committees within the Minnetonka Touchdown Club. The Touchdown Club has three main functions:

1. Members of the Touchdown Club sponsor many events throughout the football season for players and parents such as Coffee with the Coaches, Kickoff Night, and the Golf Tournament.
2. The Touchdown Club helps raise the necessary funds to operate the football program.
3. Members of the Touchdown Club assist with projects such as the game program, website, season summary book, and highlight video.

## TD Club Committees

### EVENTS:

Moms and Coaches Coffee  
Kickoff Night  
Post-Game Parties  
"Maynard's" Nights  
Golf Tournament

Senior Night  
Freshman Banquet  
Sophomore Banquet  
Varsity Banquet

### FUNDRAISING:

Membership  
Merchandise  
Water Softener Salt Sale  
Pancake Breakfast

Gold Card Sale  
Concessions  
"Buy A Brick"

### PROJECTS:

Game Program  
Season Summary Book  
Community Service

Highlight Video  
Website  
Chain Gang

**Check us out at [minnetonkafootball.org](http://minnetonkafootball.org)**

## 2009 FOOTBALL CALENDAR

- Saturday, August 22      “Moms and Coaches Coffee”  
9:00-10:30 AM in the Team Room
- Wednesday, August 26      Kickoff Night  
4:00 PM      Team BBQ  
6:00 PM      Parent Meeting – “Black Box”  
7:30 PM      Blue-White Scrimmage –  
Game Field  
8:30 PM      Social – Cafeteria
- Saturday, August 29      Varsity and Sophomore Scrimmage  
9:00 AM at Minnetonka  
(Eastview, Hastings, Osseo)
- Freshman Scrimmage  
9:00 AM at Maple Grove
- Monday, September 7      Varsity Labor Day Practice  
8:00 AM - Noon
- Friday, September 11      Home vs. Wayzata  
Maynard’s & Famous Dave’s Night
- Thursday, September 17      Home vs. Hopkins  
Maynard’s & Famous Dave’s Night
- Friday, October 2      Home vs. Edina (Homecoming)  
Maynard’s & Famous Dave’s Night
- Friday, October 9      Home vs. Detroit Lakes (Senior Night)  
Maynard’s & Famous Dave’s Night



***“Together We Will!”***

## 2009 FOOTBALL STAFF

### **Varsity:**

Dave Nelson (Head Coach, Running Game Coordinator, Offensive Line), Greg Clough (Defensive Coordinator, Inside Linebackers), John Croyle (Wide Receivers), Bryan Dammann (Passing Game Coordinator, Quarterbacks), Drew Danner (Special Teams Coordinator, Safeties), Roger French (Tight Ends), John Mattox (Offensive Line), Cullen Nelson (Running Backs), Dave Shoemaker (Outside Linebackers), Josh Stephan (Defensive Line), Terry Westermann (Corners)

### **Sophomore:**

Matt Wiitala (Head Coach, Defensive Coordinator, Linebackers), Jason Bell (Offensive Line), Ben Wetzell (Running Backs), Careino Gurley (Wide Receivers), Gary Radziej (Outside Linebackers), Tim Schellhammer (Defensive Line), Joe Waalk (Secondary).

### **Freshmen:**

Darren Best (Head Coach, Offensive Coordinator, Offensive Line), Matt Breen (Defensive Coordinator, Defensive Backs), Curtis Eischens (Wide Receivers), Josh Frie (Offensive Line), Jon Hersch (Quarterbacks), Chad Thorp (Defensive Line), Brad Veldboom (Running Backs).

