



April 26, 2010

Hudson Raider Football Players and Parents:

With another school year beginning to draw to a close, another season of Raider Football is just around the corner. As we begin the fourth quarter of the school year, I wanted to outline some important upcoming dates so that you can prepare for the spring and summer leading up to another season of Raider Football. Included in this newsletter are the important dates and times that all football players and parents should know.

THANK YOU, SENIORS

It is with mixed emotions as we watch another senior class end their time as Raider football players, graduate from Hudson High School, and begin a new chapter in their lives. We are sad to see them go because of what they brought to the program, but are excited that they will go on and have great futures. Each senior class is a special group of people, and this class is no exception. Finishing at the top of the Big Rivers Conference and advancing in the WIAA state playoffs are both accomplishments that this senior class will take with them. More importantly though, are their contributions to this community as individuals with character and class. I think back to the seniors organizing a group of players to help with clean-up after a tornado in the community. This type of commitment to others shows that these players will positively influence everyone who they come into contact with and make the world a better place. Good luck, seniors, and thank you for making last season one to remember, and for all that you have done for the program over your years here. We are proud to forever call you Hudson Raiders.

*Phil Bates
Derek Bauer
Zach Beinlich
Micheal Bennett
Jared Berg
Jake Caspersen
Sam Cunningham*

*Ethan Dinauer
Nathan Eby
Andy Edholm
Campbell Fall
Adam Funkenbusch
Jimmy Geissler
Ben Gillingham*

*David Gillingham
Luke Hanson
Jake Hayes
Travis Hilden
Beau Hommes
Devin Jennings
Chas Larson*

*Ryan Ritz
Matt Scholz
Tyler Smith
Sam Stephens
Kyle Swanger
Derek Thompson
Clayton Truhler*

*Arthur Vinzant
Matt Weeks
Ryan Weiler
Derek Widmyer
Ben Wilen
Peter Worrell*

2010 WFCFA ALL-STAR GAME

Congratulations to Micheal Bennett and Chas Larson for being selected to participate in this summer's Wisconsin Football Coaches Association All-Star Game. Congratulations to Sam Cunningham for also being invited to play in the game. The North vs South game which features players from division 1, 2, and 3 high schools will take place in Oshkosh on July 17th at 7:00 PM following the small school All-Star Game. Seth Stanchik represented the Hudson Raiders very well in last year's game and we look forward to watching Mike and Chas compete against the best 2010 Wisconsin high school graduates in this summer's game. We have 150 tickets to give away for the game. Contact Coach Kowles, Mike, or Chas for tickets.

Conference Champions

1936, 1942, 1944, 1948, 1954, 1962, 1965, 1966, 1973, 1974, 1982, 2009

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HONOR ROLLS

During the first semester of this school year, football players have done an outstanding job in the classroom. Of the 184 players in the program, 147 of them were on either the **A or B honor roll**, which is an amazing **80% of the team**. The A honor roll included 48 players on the football team, which is 26% of the team. Way to go, guys! Your hard work in the classroom is paying off. Keep up the great work and don't settle for anything less than your best in everything that you do. Remember, athletic participation is a privilege, and we must continue to work hard in the classroom. Students who fail one class during the fourth quarter will be ineligible for two games during the following football season, and students who fail two or more classes in the fourth quarter will be ineligible for nine weeks, which is essentially the entire season. See one of the coaches if you need extra help in any of your classes during the final weeks of the school year. We are more than happy to help you to get the most out of your classes.

RAIDER ELITE

The high school's training program is called Raider Elite, which pillars include Strength, Knowledge, Speed, Community, and Power. This program is based on proven training methods utilized by top collegiate institutions. For around \$75, athletes are given the opportunity to participate in 50 individualized training sessions over the course of the summer and earn awards based on dedication, determination, and overall performance. We are extremely fortunate to have the Raider Elite program at Hudson High School. The program **begins on June 14th** and there are many sessions for athletes to choose from that fits their summer schedule.

STRENGTH AND POWER TRAINING - Monday – Wednesday – Friday

Session 1: 7:00 – 8:00 AM (Open)	Session 4: 10:45 – 11:45 AM (Female)
Session 2: 8:15 – 9:15 AM (Open)	Session 5: 4:00 – 5:00 PM (Open)
Session 3: 9:30 – 10:30 AM (Freshmen)	Session 6: 5:00 – 6:00 PM (Open)

SPEED AND CONDITIONING - Tuesday – Thursday

Session A: 7:00 – 8:00 AM	Session C: 4:00 – 5:00 PM
Session B: 8:15 – 9:15 AM	Session D: 5:00 – 6:00 PM

Registration will be available soon online at the high school athletic website. It is critical that all players in the football program participate in the summer Raider Elite Program. Players who have participated in Raider Elite in the off-season are seeing tremendous gains in their athletic performance. We need everyone involved to be successful on the field this season. Work together, and bring others along with you as we get better together, one day at a time.

OFF-SEASON POINTS COMPETITION

We are continuing with the off-season point competition within the team that we started a couple of years ago. Players are grouped by position and will earn points for things such as quarter grades, playing another sport, working out in the weight room, participating in camps, etc. It is a way for players to compete against each other by earning points for things that will help the team as a whole, and all players currently in grades 9-11 will be involved. Team scores will be posted periodically until the season begins.

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UPCOMING EVENTS

End of the Year Football Meeting: Monday, June 7th

This meeting is mandatory for all players who will be in grades 10-12 in the fall who are planning on playing football. The meeting will be from 3:00 – 3:30 PM in the auditorium. Any player who cannot make the meeting must see Coach Kowles.

Mini – Camp: June 15th – June 19th

We will continue to hold our annual mini-camp early in the summer so that we can get a jump on the upcoming season. The WIAA allows coaches five days to work with players in the summer and we use this camp to evaluate our players and football schemes and get a jump-start to summer workouts as well. This camp is for all high school football players in grades 10-12. Practice will be in the evenings from 6:00 – 8:45 PM on Tuesday, June 15th through Friday, June 18th. We will be wearing helmets and shoulder pads during these practices so players should report on Tuesday, June 15th for equipment at the following times:

Seniors – 5 PM, Juniors – 5:20 PM, Sophomores – 5:40 PM

Any player who has a conflict with mini-camp must see Coach Kowles before the end of the school year.

Spring Game: Saturday, June 19th

To conclude our five day mini-camp, we are very excited to announce our first ever Navy/White spring football game at Newton Field on Saturday, June 19th from 9:00 – 11:00 AM. We will practice from 8:00 – 9:00 before we hold an intra-squad scrimmage that is open to the public. Come to the stadium on the 19th to get a sneak preview of the 2010 Raiders and enjoy refreshments provided by the Benchwarmers. All players in grades 10-12 will get an opportunity to scrimmage before we put the pads away for the summer.

UW – River Falls Big O/Big D Camp: (Sunday – Wednesday) July 11th – 14th

Another opportunity for players to get extra on-field experience is to attend the summer football camp in River Falls. This camp is as good as any camp that I have been to in terms of getting players the important repetitions needed and teaching the fundamentals of the game. Players can get camp information from Coach Kowles or online at the university website. Go to uwrf.edu, go to athletics, then go to football, then click UWRF Football Camps for all of the information. We have had many players attend this camp the past few years. It is a great opportunity for players to improve their football skills.

Football Golf Fundraiser: Friday, July 23rd

We are excited to hold our fifth annual football golf fundraiser. The event is for anyone who wants to golf and support the Hudson football program, including family, friends, and community members. Anyone who wishes to golf, sponsor a hole, donate prizes for the raffle, or be involved in organizing the event should contact Coach Kowles at the high school. This year's event will be on a Friday and will include a scramble tournament, dinner, prizes, and more, and all ability levels are welcome. More information will be sent out at a later time.

ABC Football Camp: (Monday - Thursday) July 19th – 22nd

Youth camp for grades 4 – 6 will be going on in the morning on these days and camp for grades 7 – 9 will run in the afternoon. Since 9th graders will not participate in mini-camp, they are encouraged to attend this camp, as we will begin to incorporate some of the high school's offensive and defensive philosophies. Camp is coached by the high school and middle school football staffs as well as by high school football players. Brochures will also be available soon and can be picked up from the athletic office at the high school.

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Fall Practice Begins (Two-a-days): Monday, August 9th

The first day of practice is essentially an equipment and on-field test day, along with team meetings and weight lifting test outs. Check in will be at 7 AM, and players **must have an eligibility slip** from the athletic office to get equipment and participate. Regular practice times for the first two weeks of practice will be from 7 AM to 12:45 PM.

Gold Card Blitz: Friday, August 13th

At 4:30 PM, teams of players in grades 9-12 will go out into the community to sell gold cards. This is our most important fundraiser of the year, and players will return to the school around 8:00 PM. Players will be put into selling teams and will be transported in cars driven by senior group leaders. We try to create each team with players from each grade as a way to get to know each other. Parents who have concerns about younger players riding with older players can provide their own transportation for their son if they wish.

Junction City Lock-In: Friday, August 13th

This will be our sixth annual team lock-in at the high school for players in grades 10-12. We will also have some activities for 9th grade players to participate in after the gold card blitz, but they will not be staying the night and will be done by around 10 PM. The overnight experience will include goal setting, character building, motivational speakers, team building, and leadership activities. It will be a great way for the players to get to know each other and come together before the season begins. Players will camp out on the back field after team meetings.

Kickoff Breakfast: Saturday, August 14th

After the lock-in, a kickoff breakfast will take place at 8 AM for players and parents of all grades 9-12.

Team Pictures: Saturday, August 14th

After the kickoff breakfast, team and individual pictures take place at 10 AM at Newton Field for grades 9-12.

Pre-Season Scrimmage: Friday, August 20th

Both the varsity and junior varsity teams will be scrimmaging against Stevens Point and Menomonie in Stevens Point at 3 PM.

LABOR DAY WEEKEND

Most of the teams in the program play a game on Thursday, September 2nd, which is right before Labor Day weekend. All levels will have short practices on Friday, September 3rd after school, and then be off on Saturday and Sunday, September 4th – 5th. Players in grades 10-12 will practice on Labor Day, Monday, September 6th at 5:30 PM. The sophomores will be preparing for their game on Tuesday and the varsity will be preparing for their upcoming opponent. The 9th grade teams will not practice on Saturday, Sunday, or Monday of Labor Day weekend. Don't hesitate to contact Coach Kowles if you have a conflict about practice on Labor Day.

THANK YOU, PARENTS

A huge thank you goes out to all of the parents of football players in the program. The coaching staff appreciates all of your support over the years and we realize that we could not be successful without everything you do, from helping with spaghetti dinners, working concession stands, being on benchwarmer committees, driving your son to practice, painting the game field, and the list goes on and on. Thank you so much for your time and support and for allowing us the opportunity to coach your sons.

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OTHER THOUGHTS

I am convinced that students who are a part of something within the high school have a better chance to succeed in the classroom because of the support that they receive. I think this is why the football players do so well in the classroom, because they are a part of a team. We will continue to monitor your progress in the classroom. Set goals for yourself to improve upon what you have already done. Turn B's into A's, C's into B's, even A-'s into A's. Compete against yourself. Get extra help from your teachers. Go from good to great. Don't let anyone tell you that you can't accomplish something. You can do anything, but it starts with belief in yourself.

“Whether you think you can, or think you can't, you're right.”

- *Henry Ford*

Be proud of past successes but work even harder to ensure success in the future. Don't be lackadaisical about success or become complacent. It is often easy to go from bad to good, but it takes much more work to go from good to great. Fine tune everything in life by paying attention to the smallest details to get to where you want to go. Bring others with you on the journey.

“Success is never final. Failure is never fatal. It's courage that counts.”

- *John Wooden*

One of my favorite things about football is that it is the ultimate team game. Everyone who is part of the team contributes to what the team is trying to accomplish. Players must trust each other. We all count on each other. In practice, we make each other better. In games, we encourage our teammates to be their best and rely on each other to do their job. Remember, what you do to help yourself improve helps the team. Just think if all of the individual parts of the team improve a small amount. The team's improvements will be great.

“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.”

- *Vince Lombardi*

If you have any questions, please don't hesitate to contact me at school at (715) 377-3800 ext 6218 or kowlesaj@hudson.k12.wi.us. Thanks so much for your support and we look forward to the opportunities, challenges, and journey of the 2010 season.

Sincerely,

Adam Kowles
Head Football Coach

2010 HUDSON RAIDERS VARSITY FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
FRI	AUG 20 TH	SCRIMMAGE	AWAY	3:00 PM
FRI	AUG 27 TH	WISCONSIN RAPIDS	AWAY	7:00 PM
THU	SEPT 2 ND	FARMINGTON	AWAY	7:00 PM
FRI	SEPT 10 TH	SUPERIOR	HOME	7:00 PM
FRI	SEPT 17 TH	CHIPPEWA FALLS	AWAY	7:00 PM
FRI	SEPT 24 TH	RICE LAKE	HOME	7:00 PM
FRI	OCT 1 ST	RIVER FALLS	HOME	7:00 PM
FRI	OCT 8 TH	MENOMONIE	AWAY	7:00 PM
THU	OCT 14 TH	EAU CLAIRE NORTH	AWAY	7:00 PM
THU	OCT 21 ST	EAU CLAIRE MEMORIAL	HOME	7:00 PM

2010 VARSITY RESERVE FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
MON	AUG 30 TH	WISCONSIN RAPIDS	AWAY	4:30 PM
MON	SEPT 27 TH	MENOMONIE	AWAY	4:45 PM
MON	OCT 4 TH	STILLWATER	AWAY	6:30 PM
MON	OCT 11 TH	MENOMONIE	NEWTON	4:30 PM

2010 SOPHOMORE FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
FRI	AUG 20 TH	SCRIMMAGE	AWAY	3:00 PM
THU	AUG 26 TH	WISCONSIN RAPIDS	HOME	4:30 PM
THU	SEPT 2 ND	FARMINGTON	AWAY	4:15 PM
TUE	SEPT 7 TH	EAU CLAIRE MEMORIAL	NEWTON	4:45 PM
MON	SEPT 20 TH	CHIPPEWA FALLS	AWAY	4:45 PM
MON	SEPT 27 TH	RICE LAKE	HOME	4:45 PM
MON	OCT 4 TH	RIVER FALLS	NEWTON	4:30 PM
MON	OCT 11 TH	MENOMONIE	AWAY	4:30 PM
MON	OCT 18 TH	EAU CLAIRE NORTH	AWAY	4:30 PM

2010 9TH GRADE BLUE FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
FRI	AUG 27 TH	SCRIMMAGE	AWAY	9:00 AM
THU	SEPT 2 ND	WHITE BEAR LAKE BLACK	NEWTON	4:00 PM
TUE	SEPT 7 TH	HILL MURRAY	HOME	4:00 PM
THU	SEPT 16 TH	CHIPPEWA FALLS	HOME	4:45 PM
THU	SEPT 23 RD	RICE LAKE	AWAY	4:45 PM
THU	SEPT 30 TH	RIVER FALLS	AWAY	4:45 PM
THU	OCT 7 TH	MENOMONIE	HOME	4:30 PM
TUE	OCT 12 TH	EAU CLAIRE NORTH	HOME	4:30 PM
TUE	OCT 19 TH	EAU CLAIRE MEMORIAL	AWAY	4:30 PM

2010 9TH GRADE WHITE FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
FRI	AUG 27 TH	SCRIMMAGE	AWAY	9:00 AM
THU	SEPT 2 ND	WHITE BEAR LAKE ORANGE	HOME	4:00 PM
THU	SEPT 9 TH	ST. CROIX CENTRAL	HOME	4:30 PM
MON	SEPT 13 TH	ST. THOMAS ACADEMY	AWAY	4:00 PM
MON	SEPT 20 TH	MAHTOMEDI	HOME	4:00 PM
MON	SEPT 27 TH	NORTH ST. PAUL	NEWTON	4:00 PM
MON	OCT 4 TH	TARTAN	HOME	4:00 PM
MON	OCT 11 TH	HENRY SIBLEY	AWAY	4:00 PM
TUE	OCT 19 TH	ST. CROIX FALLS	AWAY	5:00 PM

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