



April 25, 2011

Hudson Raider Football Players and Parents:

As we get into the final quarter of the school year, another season of Hudson Raider Football is quickly approaching. There will be a few changes in the practice and game schedules this season, including an overnight trip for the varsity team, an earlier start date in August, and a home pre-season scrimmage. This newsletter will outline some key events, dates, and times so that you are well prepared for the upcoming season.

THANK YOU, SENIORS

As a coach, the players who have been in the program for many years become part of your family, and it is always difficult to see them leave. We have watched many of these players grow through the years, from coming to ABC football camp in the summer, to playing on the freshmen and sophomore teams, to representing the community wearing navy and white on Friday nights at Newton Field. This group battled more injuries during one season than I have ever seen, but they continued to show leadership and perseverance. Each one of these young men contributed to this program and will be missed, not only because of their abilities on the field, but more importantly because of their character off the field. Thanks, guys, for all of your hard work and dedication over the years and for making a commitment to the program. Best of luck in everything that you do in life, and know that you will always be part of the Raider family.

*Zach Becker
Jesse Benoy
Davy Branson
Mike Congdon
Jake Denison
Gabe Dwyer
Andrew Entenza*

*Justin Inman
Will Johnson
AJ Jurek
Erik Kirkpatrick
Spencer Korum
Matt Krier
Derek Krumrei*

*Austin Lenzen
Nick Lubinski
Travis Madigan
Parker McNamee
Ryan Mitchel
Brandon Paschke
Ben Peters*

*Brody Ryan
Caleb Ryberg
Kyle Schmitt
Ryan Smith
Tony Titera
Sam Wakefield
Alex Waldon*

2011 WFC A ALL-STAR GAME

For the third year in a row, the Hudson Raiders will be represented in the Wisconsin Football Coaches Association All-Star Game. This year offensive lineman Matt Krier has been chosen to participate in the game, which features the best graduating seniors in the state of Wisconsin. The division 1, 2, and 3 North-South game will again take place in Oshkosh on Saturday, July 16th at 7 PM. Contact Matt or Coach Kowles for complimentary tickets to this year's game.

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HONOR ROLLS

As always, it is critical that all of us are working hard in the classroom. During the first semester this school year, the football team did a tremendous job with their coursework. Of the 180 players in the program in grades 9-12, **85% of the team was on either the A or B honor roll during the first semester.** Great job, guys! Those numbers are truly amazing and show how much work these young men put into everything they do.

Now, the challenge begins. Can we improve upon what we did the first semester? If we were not on the honor roll, can we get there? If we were on the B honor roll, can we get to the A honor roll? If we were on the A honor roll, can we avoid becoming complacent and not settle for less than our best? That's the challenge in front of us. Just like in the weight room or on the field, it's not where you start, but instead it's how you finish. We always talk about finishing anything that we do – **BE YOUR BEST IN THE FOURTH QUARTER** – in the classroom, on the field, and in life. Do your best to improve!

Remember, an F in a class during the fourth quarter this school year means you will have to sit out two games, and two or more F's means you will be ineligible for at least 9 weeks, which is essentially the entire season. If you need additional help in your classes, see your teacher or talk to Coach Kowles or another coach in the building. We are always more than happy to help. We want to help you succeed.

RAIDER ELITE

Raider ELITE is the Hudson School District's in-house strength and conditioning program. It is designed to assist our athletes in reaching their athletic goals through a science-based training program, nationally certified instructors, and utilization of community partners. The program begins at the Middle School level with the focus on fundamentals and development and culminates at the high school level as we transition to a performance-based program. After two years, this program already serves as a model to other schools around the state as the gold-standard for prep-sport training.

Taken directly from the Catalyst Institute website <http://the-ci.com/raider-elite>

We are very fortunate to have the Raider ELITE training program here at the high school. It is critical that Hudson football players participate in this program this summer if we want to be our best on the field in 2011. There is no substitute for working together in the off-season with your teammates – pushing each other to be their best. The program begins on June 13th and runs through August 1st, 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

Session 3: 9:00 – 10:00 AM

Session 5: 4:00 – 5:00 PM

Session 2: 8:00 – 9:00 AM

Session 4: 10:00 – 11:00 AM

SPEED AND CONDITIONING - Tuesday – Thursday

Session A: 7:00 – 8:00 AM

Session C: 9:00 – 10:00 AM

Session B: 8:00 – 9:00 AM

Session D: 4:00 – 5:00 PM

Registration is available online at <http://the-ci.com/raider-elite> or find the link to Raider ELITE on the high school website under athletics.

UPCOMING EVENTS

End of the Year Football Meeting: Tuesday, May 31st

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. Also, players who are still in their spring sport are excused from this meeting and should pick up any information from Coach Kowles.

Mini – Camp: June 14th – June 18th

Mini-Camp has become a tradition within the Raider program that players and coaches look forward to in early summer. The WIAA allows five days for the team to practice in the summer in preparation for the upcoming season for all players in grades 10-12. This camp is critical and an essential part of the football training program. It gives us a chance to learn new schemes, evaluate personnel, and to get a jump on the upcoming season. Practice will be in the evenings from 6:00 – 8:45 PM on Tuesday June 14th through Friday, June 17th. We will be wearing helmets and shoulder pads during the week so players should report on Tuesday, June 14th 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.

Navy/White Spring Game: Saturday, June 18th

Our second annual Navy/White spring football game will take place on Saturday, June 18th from 9:00 – 11:00 AM at Newton Field. We will hold a brief practice at 8:00 AM at the stadium before we have the intra-squad scrimmage that concludes the week of mini-camp and is open to the public. Come to Newton Field on the 18th to get a sneak preview of the 2011 Raiders. All players in grades 10-12 will participate.

UW – River Falls Big O/Big D Camp: July 10th – 12th

As always, the UWRF Big O & Big D camp is as good as any camp around in providing repetitions for the important fundamentals of the game of football. This camp is another opportunity for our players to get extra on-field work during the summer above and beyond mini-camp. It also provides positive team building for those who attend. The normal cost of camp is \$270, but reduced pricing for teams is as follows:

\$220 for groups of 20 or more, \$200 for groups of 30 or more, \$180 for groups of 40 or more

Players can get more information from Coach Kowles or from the university website by going to www.uwrf.edu: go to Athletics, then Men's Sports, then Football, then Camps and Clinics. Players who will be attending should turn their forms into Coach Kowles by the end of mini-camp and they will all be sent in together so that we can get the discounted team price.

Football Golf Fundraiser: Friday, July 22nd

We are excited to announce our sixth 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 wants to golf, sponsor a hole, donate raffle prizes, or be involved in organizing the event should contact Coach Kowles at the high school. This year's event will be held at Kilkarney Hills Golf Course on Friday, July 22nd and will include lunch, dinner, prizes, and a scramble tournament, and all ability levels are welcome. More information will be sent out at a later time.

ABC Football Camp: (Monday - Thursday) July 18th – 21st

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 or will be able to be found online at www.hudsonfootball.com.

Fall Practice Begins (Two-a-days): Wednesday, August 3rd

The WIAA decided to move the start date of football up this year, so we will begin two-a-day practices for players in grades 10-12 on Wednesday, August 3rd at 7:00 AM. Incoming ninth graders will begin the following week. Practice will go until 12:45 PM, which will be the schedule for the first two weeks of practice. Usually the first day is an equipment and testing day, but we now are allowed to practice on the first day so be ready to go on day one and practice. Check in will be at 7 AM and all players **must have an eligibility slip from the athletic office** to get equipment and participate. The athletic office will be open on Monday and Tuesday, August 1st and 2nd during the day to register for fall sports. If you don't know if you have an updated physical on file, check in the athletic office, and make sure that you have all other forms completed before August 3rd. Don't wait to get forms filled out on August 3rd to be able to participate since you will miss the start of practice.

Junction City Lock-In: Friday, August 5th

This will be our seventh annual team lock-in at the high school for players in grades 10-12. The overnight experience will include goal setting, character building, motivational speakers, team building, position meetings, and leadership activities. Players will check in at the high school at 4 PM for activities and dinner, followed by our annual team dodge ball tournament. It will be a great way for the players to get to know each other and come together as the season begins. Players will camp out on the back field after team meetings.

Kickoff Breakfast: Saturday, August 6th

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 6th

After the kickoff breakfast, team and individual pictures take place at 10 AM at Newton Field for players in grades 10-12. Pictures for ninth grade teams will probably take place the following week after they report for practice.

Gold Card Blitz: Friday, August 12th

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 7:30 PM for a spaghetti dinner. 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.

Pre-Season Scrimmage: Saturday, August 13th

We are excited to announce that we will once again be hosting the pre-season scrimmage at Hudson High School on Saturday, August 13th at noon. Both the varsity and sophomore teams will scrimmage in this 6-team event, which includes teams from Hudson, Menomonie, Stevens Point, River Falls, Osceola, and Bloomer.

KENOSHA BRADFORD OVERNIGHT TRIP

On Friday, August 26th, the Raiders will travel to Kenosha to take on state power Bradford High School. Since it is a 6-hour trip, we will be staying in a hotel after the game. The following morning, on Saturday, August 27th, the varsity reserve team will play Kenosha Bradford as well before we head home. The team will be staying at the Country Inn & Suites in Kenosha. As this date approaches, a complete itinerary will be given out to all players and parents. Parents who are looking into making the trip can contact the hotel for more information at (262) 857-3680.

LABOR DAY WEEKEND

The varsity team will begin Saturday morning practices on September 10th, so there will be no practice on Saturday, September 3rd of Labor Day Weekend and we will also be off on Sunday, September 4th. Players in grades 10-12 will practice on Labor Day, Monday, September 5th at 6:00 PM. The sophomore team will be preparing for their game on Tuesday, September 6th, and the varsity will be preparing for their upcoming opponent. Don't hesitate to contact Coach Kowles if you have a conflict about practice on Labor Day.

PRACTICE SCHEDULE FOR GRADES 10-12

I wanted to outline the practice schedule for grades 10-12 with the following calendar. During the first two weeks (Two-a-days) we will practice from 7:00 AM – 12:45 PM. During weeks three and four, we will only have one practice from 8:30 – 11:30 AM (this includes film and meetings as well.) During the third week, the varsity players will also have meetings in the evening from 7:00 – 8:30 PM. Beginning at the end of week four, we will begin practicing from 3:15 – 5:15 PM, just like we will once school begins, and this schedule will continue the rest of the season. The following calendar gives an overview of the practice schedule for the first few weeks of the season.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>August 1</i>	2	3 1st Day Practice 7 AM–12:45	4 7 AM–12:45	5 7 AM–12:45 Lock-In 4 PM -	6 Breakfast Pictures
7 No Practice	8 7 AM–12:45	9 7 AM–12:45	10 7 AM–12:45	11 7 AM–12:45	12 7 AM–12:45 Gold Cards 4:30 - 7:30 PM	13 Scrimmage Noon
14 No Practice	15 8:30 – 11:30 AM Vars Film 7 PM	16 8:30 – 11:30 AM Vars Film 7 PM	17 8:30 – 11:30 AM Vars Film 7 PM	18 8:30 – 11:30 AM	19 Wisconsin Rapids - Home	20 No Practice
21 No Practice	22 8:30 – 11:30 AM	23 8:30 – 11:30 AM	24 8:30 – 11:30 AM	25 3:15 – 5:15 PM	26 Kenosha Trip	27 VR Game No Practice
28 No Practice	29 3:15 – 5:15 PM	30 3:15 – 5:15 PM	31 3:15 – 5:15 PM	<i>September 1</i> 1st Day School 3:15 – 5:15 PM	2 At Memorial	3 No Practice
4 No Practice	5 Labor Day 6:00 – 8:00 PM	6 3:15 – 5:15 PM	7 3:15 – 5:15 PM	8 3:15 – 5:15 PM	9 At Superior	10 Varsity Practice 9 – 11 AM

MONDAY NIGHT PRACTICES

As a way to help the players in a variety of ways, the varsity team will practice Monday nights at Newton Field from 6:45 – 8:45 PM once the school year begins. The first Monday night practice will be on Labor Day as mentioned before, and we will begin at this normal new time on Monday, September 12th and continue through the entire season.

We wanted to give players an opportunity to see teachers after school or make up tests or quizzes, and not practicing immediately after school gives them an opportunity to do this. It will also give players a chance to get homework done right away after school instead of waiting until after practice when they are usually tired. Finally, it allows the team to practice in the same environment in which every game takes place – under the lights. We are excited about this new format on Mondays. This will be for the varsity team only.

THANK YOU, PARENTS

As I prepared this letter, I realized how much time and how many sacrifices parents must make to support your son through the Hudson Football program. From participating in benchwarmer committees, to driving your sons to practice, to the support you give the team on game nights, we truly couldn't do this without you. The coaching staff sincerely thanks you and appreciates all that you do to help and support the program. Most importantly, we thank you for your trust in us and the opportunity to coach your sons.

OTHER THOUGHTS

We are all faced with difficult decisions in our lives. Make great choices. Be a leader, do what is right, and bring others along with you on your path. Remember, what is popular isn't always right, and what is right isn't always popular.

“Wisdom is knowing the right path to take...INTEGRITY is taking it.”

- M. H. McKee

Together, we can accomplish far more than we could ever do on our own. This is true both on the football field and anywhere else in life. Help others and treat people with respect. You never know what sort of battles other people of going through, but a little bit of support can go a long way. You can help to change the world one person at a time if you choose to.

“It is one of the greatest compensations in life that no one can help another without helping themselves.”

- Ralph Waldo Emerson

It often is a harsh reality, but hard work does not guarantee success. However, the only way to achieve success is through hard work. Set high goals for yourself, have a plan, and be determined to succeed. Know that there are always hills to climb and there will be setbacks, but never, ever, give up. Challenge yourself in everything that you do. You will never know your full potential until you push yourself. Don't be satisfied with less than you can give. Help others do the same by leading the way through your example.

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

- John Quincy Adams

If you have any questions or concerns, please don't hesitate to contact me through e-mail at kowlesaj@hudson.k12.wi.us or by phone at (715) 377-3800 ext 6218. Thanks again for all of your work with the football program as we look forward to the 2011 season.

Sincerely,

Adam Kowles
Head Football Coach

2011 HUDSON RAIDERS VARSITY FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SAT	AUG 13TH	SCRIMMAGE	HOME	NOON
FRI	AUG 19TH	WISCONSIN RAPIDS	HOME	7:00 PM
FRI	AUG 26TH	KENOSHA BRADFORD	AWAY	7:00 PM
FRI	SEPT 2ND	EAU CLAIRE MEMORIAL	AWAY	7:00 PM
FRI	SEPT 9TH	SUPERIOR	AWAY	7:00 PM
FRI	SEPT 16TH	CHIPPEWA FALLS	HOME	7:00 PM
FRI	SEPT 23RD	RICE LAKE	AWAY	7:00 PM
FRI	SEPT 30TH	RIVER FALLS	AWAY	7:00 PM
FRI	OCT 7TH	MENOMONIE	HOME	7:00 PM
THU	OCT 13TH	EAU CLAIRE NORTH	HOME	7:00 PM

2011 VARSITY RESERVE FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SAT	AUG 27TH	KENOSHA BRADFORD	AWAY	9:00 AM
SAT	SEPT 17TH	MAHTOMEDI	AWAY	10:00 AM
MON	SEPT 26TH	MENOMONIE	AWAY	4:30 PM
MON	OCT 10TH	MENOMONIE	HOME	4:30 PM

2011 SOPHOMORE FOOTBALL

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
SAT	AUG 13TH	SCRIMMAGE	HOME	NOON
FRI	AUG 19TH	WISCONSIN RAPIDS	HOME	4:15 PM
MON	AUG 29TH	EAU CLAIRE NORTH	HOME	4:45 PM
TUE	SEPT 6TH	EAU CLAIRE MEMORIAL	AWAY	4:45 PM
THU	SEPT 15TH	SOUTH ST. PAUL	AWAY	4:00 PM
MON	SEPT 19TH	CHIPPEWA FALLS	HOME	4:45 PM
MON	SEPT 26TH	RICE LAKE	AWAY	4:45 PM
MON	OCT 3RD	RIVER FALLS	AWAY	4:30 PM
MON	OCT 10TH	MENOMONIE	HOME	4:30 PM