



North Polar Football

2009 Spring Newsletter

www.polarfootball.com

North High Football Program Goals

- 1) HAVE FUN!
- 2) Be the best team we can be.
- 3) Develop character.
- 4) Represent North High School with class.
- 5) Make the season one that our student-athletes will leave without regret.

New Website Design

Check out the North Football Website, as it has been updated regularly. www.polarfootball.com

Booster Club Meetings

The North Football Booster Club plays a vital role in the operation of the football program. All parents are invited to attend meetings. During the school year, meetings are on the first Thursday of each month at 6:30 PM. Summer meeting dates are listed below. Meetings are at John Kliethermes' office building. (2720 Maplewood Drive, Maplewood, MN.) Click or paste link for directions.

<http://www.polarfootball.com/polarboosterclub.html>

Summer Meeting Dates

June 11th, July 9th, July 30th, August 13th, and August 27th. Mark these dates on your calendar.

Leadership Training

Approximately 20 sophomores and juniors (next year's Jr. and Sr.) have been meeting one morning a week to discuss leadership. Thank you to these busy young men for making the sacrifice to make our team better.

Polar Football Raffle

A HUGE SUCCESS

- We sold enough raffle tickets to make over \$8000.
- Thanks to all who sold and bought
- ***Players who sold 20 tickets receive 3 letter points***
- Prize Winners were as follows
 - 50 inch HD TV : Nancy Johnson
 - Apple IPOD: Bob Lange
 - \$100 Katie Eshenaur
 - Gift Certificate: Cindy Flattum

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Summer Conditioning Programs

North High offers three summer programs designed to make you a better athlete. Freshmen and Sophomores should sign up for *Polar Speed* and Upper Classmen should sign up for *Football Conditioning*.

Please note that this is a comprehensive training program. **If full effort is given, no additional training programs should be needed.** Our athletes get a first rate program at a minimal cost.

Enrollment forms are available on www.polarfootball.com.

Weightroom Makeover – North Edition

The North Weightroom is getting a makeover. North administration in combination with the North Coaching Staff's really pushed to get new equipment. The week of June 1 -5th, the weightroom will be scrubbed painted, and refitted with new equipment. This is a great thing for our student-athletes. Thanks to our players, the North Weightroom has become the most used room on campus.

Polar Football Clothing

Polar football gear is available through Rambow clothing. This is a new system for us. If you are interested, you can make an order online at www.Rambow.com. In the Store Code box type NORTHFB. We have made numerous clothing options available.

Here is how it works:

- 1) You place an order by the listed deadline.
- 2) You pay Rambow.
- 3) Rambow delivers the clothing 3 weeks after the order deadline.
- 4) You pick it up when it comes in.

The first deadline is June 1st. Listed are deadlines and delivery dates.

<u>Deadline</u>	<u>Delivery</u>
June 1	June 23
July 15	August 6
August 17	September 8
September 1	September 22

Items are delivered 3 weeks after the order deadline.

www.rambow.com

Store Code: NORTHFB

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Important Dates

- May 26 – 29: Spring Testing
May 27: Team Meeting after school.
(Incoming 9th do not need to attend)
June 1: 1st Clothing Order Deadline
June 11: Booster Club Meeting
June 22: Summer Conditioning Starts
July 9: Booster Club Meeting
July 14-16: Camping Trip
July 15: 2nd Clothing Order Deadline
August 14: Equipment Issue
August 17: 3rd Clothing Order Deadline
August 19: Parent/Player Picnic & Meeting
September 1: 4th Clothing Order Deadline

Lettering Criteria

Many players are taking advantage of the North Football lettering point system that emphasizes the total football player/student athlete.

Points are awarded in 5 areas including Off-season training, academics, team building, personal responsibility, and playing time. No one area will generate enough points to letter. This hopefully, will increase our players' commitment to the football program and the school.

The first step in this process is getting into the weight room.

Coach Longtin has current totals for each player.

Remember: All players 9-12 have a chance to letter.

NCAA Clearinghouse

Juniors who are interested in playing college football after graduation should register with the NCAA clearinghouse. We recommend you register after your spring semester grades are on your transcript. Register online at www.ncaaclearinghouse.net. The cost for registering is \$30. The NCAA clearinghouse certifies academic eligibility for college freshmen

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TEAM BUILDING ACTIVITIES

Tubing at Green Acres

44 North players and coaches spent an evening at Green Acres Recreation area on our 2nd annual tubing trip. It was cold, but a lot of fun.

Wing Eating Contest

Over 30 North Players Participated in the second annual Wing Eating Contest. They demolished 975 wings in 20 minutes of eating.



Camping Trip Dates

We will take our 3rd trip into the woods this summer. We have rented the Head of Rapids Group Center at St. Croix State Park for July 14th, 15th, and 16th.

This is a fun time. Make sure that you get signed up. We have kept costs at \$50 for the 3 days, but do not let money be a reason not to go. WE WANT YOU TO GO.

Once again we will ask for food donations. Check the website for more information and sign up forms

DID YOU KNOW

North High presently has 4 players from the class of 2009 that have committed to play football next year. This will bring the total to 7 former Polars playing at the next level. The commitment to football is starting to pay off. Commitments are as follows.

Nick Brozak: University of Wisconsin - Stout
Shane Ekman: Southwest Minnesota State University
David Kliethermes: University of Wisconsin – Eau Claire
Matt Tarvin: University of Wisconsin – River Falls

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Winter/Spring Weight Training

Winter weight training is complete. For the months of January and February we averaged 46 players each afternoon. These young men are making a necessary commitment to our program.

Spring Weight training is up and running.

THIS PROGRAM IS FREE. Weight training is necessary for our success next year. If a ride home is the problem, please contact Coach Longtin. **GET IN THERE!**

Academics

The Numbers

Overall Team GPA: 2.74

Juniors GPA: 3.06

Sophomore GPA: 2.68

Freshman GPA: 2.57

All North High Males (9-11) GPA: 2.35

A Honor Roll for second trimester.

These players receive 2 letter points

Lukas Adam, Nick Bonko, Pui Chow, JD Ekman, Jake Heifort, Andy Martinez, Tad Nielsen, Micha Perzichilli, Mark Poradek, Jeff Rada, Joe Rubbelke, Nathan Schouvieller, Ben Severson, Leng Vang, Kyle Whyte, Justin Carson, Joe Cicchese, Ondre Lo, Arthur Moore, Bjorn Nelson, Brady Zeug, Mitchell Anderson, Jake Dawson, James Karel, Jake Larson, Nikko Miranda, Cole Nesvacil, Nathaniel Poradek, Brady Soular, Adam Weidling

B Honor Roll for second trimester

These players receive 1.5 letter points

Nate Benassi, Matt Derheim, Chris Eng, Zach Glenna, Eric Larson, Ross Malmgren, David Marose, Justin Nowicki, Anthony Piechowski, Jeremy Pizinger, Nick Pizinger, Matt Seiler, Pat Svoboda, Keith Widmer, Nick Zitzer, Greg Davis, Wesley Donner-Rhein, Kevin Haag, Rex Johnsin, Brett Martin, Colin Milan, Andrew Otis, Peter Wagenbach, Tyler Walker, Trevor Buttermore, James Fishbeck, Blake Harrison, Alexander Howard, George Knutson, Zach McCarver, Tong Moua, Donovan Nepple, Nicolai Ryan, Thomas Rea, Shon Rought, Alex Schumacher, Zach Smith, Jordan Steele, Richard Szabo, Eng Tan, Seng Vang, Brandon Velzasquez

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Weight Room Accomplishments

Great Work Sophomores Ondre Lo, Nick Roth and recently Junior Micah Perzichilli! Nick, Ondre and Micah are the first 3 members of the 1000 pound club at North since Coach Longtin was hired as head coach. The 1000 pounds is attained through the combined total of an athlete's bench press, power clean, and squat. We also have the 600 Pound Club (Sophomore Standard), and the 800 Pound Club. Great Job Men!

*Nick and Ondre.
Our first 1000 pounders.*



FRESHMEN IMPROVING!!

In December, we averaged 2 freshmen a night, in January, February, and March, we average 12. *This is the right step, but I know we can still do better.*

Players with 90% attendance this winter

We count afternoon lifting or the class Strength Training For Athletes as acceptable.

These players get 2 points towards their letter.

Juniors: Lukas Adam, Nate Benassi, Nick Bonko, Andy Chow, JD Ekman, Chris Eng, Jake Heifort, Andy Martinez, Micah Perzichilli, Jeremy Pizinger, Nick Pizinger, Mark Poradek, Ben Severson, Bill Weber, David Weyer, Kyle Whyte, Dustin Wood-beck Olson, Nick Zitzer

Sophomores: Myson Boles, Justin Carson, Joe Cicchese, Jeff Hodges, Rex Johnson, Steven Koneczny, Ondre Lo, Colin Milan, Bjorn Nelson, Anthony Rea, Nick Roth, James Ryan, LaMont Scaife, Brady Zeug

Freshmen: Jose Araujo, Tan Eng, Blake Harrison, David Pinotti, Nathan Poradek, Brady Soular, Seng Vang, Tony Vang

These kids are putting themselves in position to challenge for a varsity spot next year. They will become the foundation for North Football.

Any player that is not in a spring sport should be in lifting. REMEMBER THAT IT IS FREE OF CHARGE.

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ACT Test Dates

Juniors:

The Last day this year for the ACT test is June 14. Registration must be made by May 8. Late registration is May 22. If you are in anyway interested in being recruited, you should consider taking it. Got to www.act.org to register or see your counselor.

Spring Sport Athletes

The North High Football Staff encourages the multi-sport athlete. Competition makes an athlete better. In a time where some coaches are pushing specialization of one sport, the number of multiple sport athletes is decreasing. We will continue to push our student-athletes down the multiple-sport route. It makes a better team, and develops better character. North Football has 62 players involved in a spring sport. Great work guys.

Players that participate in a spring sport receive 2 letter points.

Labor Day Practices

Varsity will practice Saturday September 5th at 8:30 AM and Monday September 7th at 5:00 PM. Please plan on attending these practices.

Sophomore and Freshmen Squads will be off on both of those days.

EM Practices

All Levels will practice over the Education Minnesota break. This is due to the season starting 1 week later.

Freshman players will practice October 15 at 9:00 AM

Sophomore players will practice Thursday October 15, and Friday October 16 at 9:00 AM both days

Parents of varsity players:

Please **DO NOT** schedule college visits or vacations over this time period. Varsity players that are not in attendance at these practices will be suspended for the Tuesday regular season game at Hill Murray.

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MEA Varsity Practice Schedule

Thursday October 15 9:00 – 10:00 AM

Friday October 16 9:00 – 11:00 AM

Saturday October 17 9:00 AM – 11:00 AM

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