



North Polar Football

2008-09 WINTER 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.

Season Summary

Five all-conference picks and 4 honorable mention picks led the way to a 5-4 season for the second consecutive year. High expectations will come with a squad that returns 11 starters in 2009.

The JV team finished with a 4-2 mark which included a huge 51-0 win over Minneapolis Southwest in the final game of the year.

At 3-5, the sophomores were a mere 6 points from being 5-3. The sophomores did finish the year strong winning 3 of their last 4. Hopefully, this late season success will carry over into the next season.

Freshmen teams went a combined 10 – 10 – 1 and had a great year.

Overall the Polars future is bright. Remember that we need to get better EVERY DAY.

Spring Kickoff Meeting

The spring kickoff meeting will be Saturday February 28 at 9:00 AM. This mandatory meeting is for all players and at least one parent. This includes incoming freshmen (current 8th graders). A lot of important information is given out at this meeting and it is very important that you attend.

New Lettering Criteria

A new lettering criteria that better matches our expectations within the football program has been designed and will be implemented immediately. We are implementing a point system that will emphasize the total football player/student athlete.

Points will be 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.

Specifics are enclosed with this newsletter and are available at www.polarfootball.com

Next Years Captains

Congratulations to Joe Rubbelke and Tony Piechowski on being named captains next year. The team will choose 3 more during pre-season camp.

Tubing at Green Acres

The second annual Green Acre Tubing trip is set for **Wednesday January 7th from 6:00 – 9:00 PM**. Cost will be \$12. We will meet at Green Acres at 6:00. If you need a ride, come to the varsity locker at 5:30.

Camping Trip Dates

Tentative Dates for the Camping Trip are July 14, 15, and 16. These dates should be finalized by March 1.

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Winter Weight Training

Winter weight training started December 1. Approximately 40 players have committed to strength training after school 3 days a week.

If you are not in a winter sport you need to get going in the weight room Mondays, Wednesdays, and Fridays after school. **THIS PROGRAM IS FREE AND IS NECESSARY FOR US TO BE SUCCESSFUL.** If a ride home is the problem, please contact Coach Longtin. **GET IN THERE!**

Winter Lifters

Great Work Freshman Blake Harrison and Tony Vang. Jake and Tony are the only two regular freshman weightlifters.

Juniors with 90% attendance in our after school off-season program are Lukas Adam, Nate Benassi, Nick Bonko, Andy Chow, John Ekman, Chris Eng, Jake Heifort, Eric Larson, Winston Longbehn, Andrew Martinez, Micah Perzichilli, Nick Pizinger, Mark Poradek, Cooper Quoiba, Nick Zitzer

Sophomores with 90% attendance are Nutong Cha, Joe Cicchese, Matt Ekman, Steven Koneczny, Ondre Lo, Colin Milan, Anthony Rea, Nick Roth, James Ryan, and Brady Zeug

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 winter sport should be in lifting. **REMEMBER THAT IT IS FREE OF CHARGE.**

Winter Sport Athletes

Q: *What do the last 8 NFL league MVP's, the last 5 NBA league MVP's, and 5 of the last 6 MLB league MVP's have in common?*

A: *They were ALL multiple sport athletes in high school.*

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. The following are currently participating in winter sports at North.

Basketball

Nathan Schouveiller, Patrick Svoboda, David Weyer, Kyle Whyte, Myson Boles, Max Goodwill, Rex Johnson, Lamont Scaife, Marshaun Bently, Trevor Buttermore, Bobby Davis, Jacob Dawson, Chris Duede, Gavin Graham, Quentin Mann, Quincy Mann, Cole, Nesvacil, Thomas Rea, Mustafa Shabazz, and Adam Weidling.

Hockey

Tad Nielsen, Jeff Rada, Joe Rubbelke, Adam Slagle, Nate Warner, Marco Giunta, Kevin Haag, Andrew Otis, Jake Larson, and Zac McCarver.

Wrestling

Matt Derheim, David Marose, Tony Piechowski, Dustin Woodbeck-Olsen, Alex Howard, Joe Raymond, and Dillon Woodbeck-Olsen

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Academic Excellence

Here are some numbers

North High GPA all males: 2.554
North Football Players Team GPA: 2.848
Returning Starters GPA: 3.818

Junior Football GPA: 2.91
Sophomore GPA: 2.98
Freshmen GPA: 2.73

Freshmen need to step it up a bit.

There is a huge correlation between success in the classroom and success on the field.

The following players were named to the A Honor Roll for Fall Trimester. **GREAT WORK GUYS!**

Lukas Adam, Mitchell Anderson, Nick Bonko, Justin Carson, Andy Chow, Joe Cicchese, Jacob Dawson, John Ekman, Blake Harrison, Alexander Howard, Rex Johnson, James Karel, Jake Larson, Ondre Lo, Brett Martin, Nikko Miranda, Arthur Moore, Tong Moua, Bjorn Nelson, Cole Nesvacil, Tad Nielsen, Robert Oberfrank, Micah Perzichilli, Nathan Poradek, Mark Poradek, Jeff Rada, Thomas Rea, Joe Rubbelke, Nathan Schouvieller, Ben Severson, Brady Soular, Leng Vang, Nathan Warner, Adam Weidling, Kyle Whyte, Dillon Woodbeck-Olson, and Brady Zeug

Academic Excellence Continued

The following students were named to the B Honor Roll for Fall Trimester.

Jose Araujo, Cody Blom, Trevor Buttermore, Greg Davis, Matthew Derheim, Wesley Donner-Rhein, Marco Giunta, Zach Glenna, Gavin Graham, Joe Grandell, Jake Heifort, George Knutson, Eric Larson, David Marose, Andrew Martinez, Zach McCarver, Colin Milan, Ryan Nicolai, Justin Nowicki, Dan O'Neil, Brandon Orgeman, Andrew Otis, Nolan Peterson, Tony Piechowski, Nick Pizinger, Anthony Rea, Shon Rought, Alex Schumacher, Zach Smith, Jordan Steele, Richard Szabo, Brandon Velazquez, Peter Wagenbach, Tyler Walker, Keith Widmer, and Nick Zitzer.

Tuesday Thursday Study Hall

Football players receiving more than 1 D and any number of F's are required to attend study hall AFTER SCHOOL starting January 6. These students will attend as long as they have a D or F in any class. The study hall will be supervised by the North Coaching Staff.

Grades are monitored on a regular basis. This is NOT OPTIONAL if you plan on playing football next year.

Upcoming Events

January 7, 2009 TUBING AT GREEN ACRES
February 28, 2009 PARENT MEETING

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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.*

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

ACT Test Dates

Juniors, Make sure that you take the ACT test THIS YEAR. This is especially true if you are interested in being recruited.

Dates and Deadlines are as follows.

Date	Registration Deadline	Late Registration Deadline (extra fee)
February 7	January 6	January 16
April 4	February 27	March 13
June 14	May 8	May 22

See your counselor for registration materials or visit the ACT website www.act.org

College Entrance Requirements

Minnesota State System /University of Minnesota System - Entrance Course Expectations

- **English:** 4 years.
- **Mathematics:** 3 years.
- **Science:** 3 years.
- **Social Studies:** 3 years.
- **World Language:** 2 years of the same language.
- **World Culture or The Arts:** 1 year..

Below is general information on admission requirements as compiled from the campus websites. Sometimes specific scores or ranks are not listed. If you have any questions for a particular school, you should contact the school. All of these are guidelines. Contact the

University of Minnesota Branches

Twin Cities Campus	Admission varies by college
Crookston	<u>21 ACT OR Top 50% of Class</u>
Duluth	Top 35% of class (65 th Percentile)
Morris	**Not Listed**

State University System

21 ACT OR 18 ACT and Top 50% of Class.

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