



ELK RIVER FOOTBALL

State Champions - 2016 2022 2024



Team 135 Spring Meeting

Agenda

6:00 – 6:30 Check In

6:30 – 7:30 10 -12 Football Meeting – Little Theater



ELK RIVER FOOTBALL

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Head Coach - Steve Hamilton

Email: steven.hamilton@isd728.org

B - Squad Head Coach - Garrett Ott

Email: garrett.ott@isd728.org

Elks QB Club

Email: communications@elkriver-football.com



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Follow Elks Football on Social Media:

Website: www.elkriver-football.com

Facebook: www.facebook.com/ElkRiverElksFootball

Twitter: [@ElkRiverElksFB](https://twitter.com/ElkRiverElksFB)



ELK RIVER FOOTBALL



Team Communication

Calendars

Messages

Questions

sportsYou



You've been invited to join

Elk River High School Football

Use your **unique access code** below and follow the instructions.

Access Code

2VNE-HYSV

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up



ELK RIVER FOOTBALL



Mission Statement

The Mission of the Elk River football program is to impact the lives of the student-athletes who participate in the program. Our goal is to help transform the boys who enter this program into young men ready to accept the challenges of life.

Our student athletes will:

- 1. Be the best **student** they can be.*
- 2. **Represent** themselves, family, teammates, school, coaches and community with class.*
- 3. Learn to **compete** on and off the field.*



OUR CORE VALUES

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❖ BROTHERHOOD

- BAND OF BROTHERS
- I WILL PLAY FOR MY BROTHERS TO MY RIGHT AND TO MY LEFT, FOR THOSE THAT CAME BEFORE ME, AND FOR THOSE THAT WILL COME AFTER ME

❖ EFFORT

- RELENTLESS EFFORT
- I WILL EMPTY MY TANK UNTIL MY GOALS ARE ACCOMPLISHED, OR UNTIL I'M FORCED TO STOP

❖ TOUGHNESS

- COMPETITIVE TOUGHNESS
- I WILL ATTACK EVERY SITUATION WITH THE SAME MENTALITY AND PHYSICALITY, REGARDLESS OF WHAT STANDS IN FRONT OF ME

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FOR LIFE

❖ BROTHERHOOD

➤ TEAMMATES AND COACHES BECOME FAMILY , FRIENDS, AND CO-WORKERS

❖ EFFORT

➤ I'VE NOW GOT TO EMPTY MY TANK INTO MY EDUCATION, MY CAREER, AND MY FAMILY

❖ TOUGHNESS

➤ THE SITUATIONS TO ATTACK WILL BECOME CAREER DECISIONS, FAMILY DECISIONS, AND DEALING WITH TRAGEDY



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Dream Big!



“The distance between dreams and reality is called action!”

- Brian Tracy



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WHO WE ARE:

2016	5A State Champions	(44.9 ppg)
2017	5A State Runner Up	(45.1 ppg)
2018	5A Semi-Finalist	(40.2 ppg)
2019	5A Semi-Finalist	(39.4 ppg)
2022	5A State Champions	(45.2 ppg)
2024	5A State Champions	(44.8 ppg)
2025	5A Semi-Finalist	(42.0 ppg)



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Finish the Job!





ELK RIVER FOOTBALL



Team Rules/Expectations

1. Be Early

"It's all about being organized and showing respect."

2. Protect the Team

"Are you helping or hurting the team? Every decision has an impact."

3. No Whining, Complaining, Excuses

"Positive attracts positive. Negative attracts negative."

➤ Players are expected to know all the information in the players' handbook and the MSHSL rules



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Purpose/Playing Time

Freshman Football Expectations

- **Purpose** - Teaching players the basic rules and strategies of football. Build the players' knowledge of football to a level that will allow them to progress to the B Squad level.
 - Winning freshman games **IS NOT** priority #1.
 - All players should receive playing time unless they are physically or mentally unprepared.
 - Playing time will not be 100% equal.

B Squad Football Expectations

- **Purpose** - Teach players the intermediate rules and strategies of football and prepare them for varsity football.
 - Winning B Squad games **IS NOT** priority #1
 - All players should receive playing time unless they are physically or mentally unprepared.
 - Playing time will not be 100% equal.

Varsity Football Expectations

- **Purpose** - Teach players the advanced rules and strategies of football.
 - Winning varsity games **IS** the emphasis
 - Players may not receive playing time.



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Community Service

Community Service is activities or events that players help out within our community, not team related activities, and must be approved by Coach Hamilton and a verification sheet must be turned in. Hours performed from end of last football season till the end of this years season will count for the current year. Varsity players will receive a helmet sticker for every 8 hours.

Community Service Award - Given to the player with the most verified community service hours.

As a requirement to letter all varsity football players will need to perform 8 hours of community service.



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Reset Our Society

Our lives are more impacted by devices and social media than ever.

Gallop poll from 2023:

- ❖ **Teens average 7-9 Hours/Day Screen Time (5 Hours on Social Media)**
- ❖ **On Average that is 43% of their waking hours**
- ❖ **What happens when games aren't going well?**
 - **Restart/Respawn/Quit**
- ❖ **Societal Impact: Critical Thinking/Adversity ResponseGrit**
- ❖ **70% of kids now quit sports by 13**
- ❖ **Top Reasons why:**
 - **Not fun anymore (Parent Pressure, Gung Ho youth Coaches)**
 - **Time (Year round training)**
 - **I'm not the best!**





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Social Media Policy

1. **Assume nothing is private!** (You write it you own it)
2. **The audience is vast:** Parents, players, classmates, teachers, administrators, college coaches, employers, family members...anyone could potentially be in your audience.
3. **NEVER POST PICTURES FROM THE LOCKER ROOM!**
4. **Complaining** will not solve the issue. Talk to teammates or coaches directly.
5. Do not talk **negatively** about opponents – do not trash talk!
6. If you retweet something, you agree with it.
7. Do not discuss injuries

Student - athletes that violate the Elk River Football Program Social Media Policy may be disciplined. This could include permanent or temporary suspension from the team, as determined by the Athletic Director and the Head Coach.



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What WE need from Parents

1. Allow your student-athletes to **PLAY** the **GAME**.
 - Avoid **reverse dependency** phenomenon
2. **Share** your child (Allow them to be coached)
3. Be **positive** toward the players and the program.
 - Conduct at games matters (players, parents, coaches, officials, opponents)
 - You are part of the culture of the program
4. Be **honest**, we will always do the same in return.
5. **Help** the booster club!
6. **Read** the [players/parent handbook](#)



ELK RIVER FOOTBALL



2026 Summer Strength & Speed

The Elk River Strength & Speed program offers each participant the opportunity to become a better athlete through a sound strength and speed development program. This program has proven to assist its participants to have greater success in their respective sports.

The three primary goals of the program are:

- * To decrease the chance of injury for each participant
- * To give each participant a greater chance to reach his/her potential
- * To help increase each participant's self-confidence

Program Design

Each session is designed as follows:

- * Warm-up/Flexibility
- * Speed/Agility Work
- * Core Strength/Abdominal work
- * Strength Training

Each strength-training program is individualized and based on each individual's strength level.

The program dates are June 8th to August 6th, not meeting the week of July 6th to 9th (Dead Week).



www.erstrength-speed.com



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UMD Team Camp 2026 - Session 2

Session II: June 22nd, 23rd, & 24th

<https://bulldogsfootballcamps.totalcamps.com/>

Entering Grades: 10th - 12th

Check-In: 12:00 PM, Day 1

Check-Out: 12:00 PM, Day 3

Residential Camper: \$220 for Camp, paid to UMD

TBD for bus paid to QB Club



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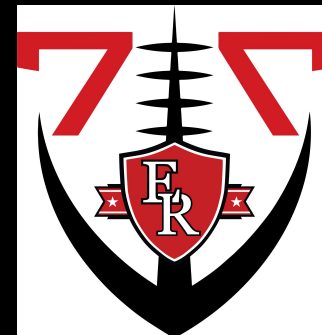
2026 ERHS 7v7 Passing Opportunities

June

1. Monday June 29th, 2026 - 9:45-11:45 AM
7v7 Practice @ (ERHS Stadium) 9-12 grade

July

2. Wednesday July 1st, 2026 9:45-11:45 AM
7v7 Scrimmage vs. Zimmerman HS @ (ERHS Stadium)(9-12)
3. Thursday July 16th, 2026 - 10:15-12:00 PM
7v7 Scrimmage vs. Big Lake HS @ (ERHS Stadium)(9-12)
4. Thursday July 23rd, 2026 10:30-12:30 PM
7v7 Scrimmage vs. Anoka HS (ERHS Stadium) (9-12)





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2026 Summer Mini Camp 1 Practices for 10th-12th:

Monday	June 15th @ 9:30 AM - 11:30 AM
Tuesday	June 16th @ 9:30 AM - 11:30 AM
Wednesday	June 17th @ 9:30 AM - 11:30 AM
Thursday	June 18th @ 9:30 AM - 11:30 AM



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2026 Summer Mini Camp 2 Practices for 10th-12th:

Monday	July 27th @ 9:30 AM - 11:30 AM
Tuesday	July 28th @ 9:30 AM - 11:30 AM
Wednesday	July 29th @ 9:30 AM - 11:30 AM
Thursday	July 30th @ 9:30 AM - 11:30 AM



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Equipment Handout (Start in locker room)

Monday June 1st

Handout Times:

Seniors:	2:15 - 2:40
Juniors:	2:40 - 3:05
Sophomores:	3:05 - 3:30
Freshmen:	3:30 - 4:00



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OTHER IMPORTANT DATES

- | | |
|---|--|
| Heggies Pizza Fundraiser: | June 1st to 23rd, pickup July 11 |
| Youth Camp: | July 27th - July 29th 1:00pm - 3:00 pm |
| Registration Night/Fall Meeting: | July 27th at 6:00 pm |
| Gold Card Sale: | July 27th to August 20th |
| Golf Tournament: | August 7th |
| 1st Day of Practice: | August 17th at 8:00 am (8:00 am to 12:00 pm all week) |
| Gold Card Blitz Day: | August 20 th at 11:30-8:00 pm |
| Week 2 of Practice: | August 24th - 28th practice is 3pm - 7pm! |



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Steve Hamilton

**HEAD FOOTBALL COACH
ELK RIVER HIGH SCHOOL
ELK RIVER, MN**

steven.hamilton@isd728.org