



2025 9th Grade Signing Night

Agenda

7:00 – 8:00

Parent Meeting in Team Room

7:00 – 8:00

Players on the Field

8:00 - 8:30

Pizza/Drinks for the players

8:30 - 9:00

Parent Player Tour of weightroom, locker room, equipment etc

TEAM 137 - ELK RIVER FOOTBALL



2025 9th Grade Signing Night

Head Coach - Steve Hamilton

Email: steven.hamilton@isd728.org

10th Grade Head Coach – Garrett Ott

Email: garrett.ott@isd728.org

9th Grade Head Coach – Aaron Osterman

Email: aaron.osterman@isd728.org

TEAM 137 - ELK RIVER FOOTBALL



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



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Follow Elks Football on Social Media:

Website – www.elkriverfootball.com

Facebook Football – www.facebook.com/ElkRiverElksFootball

Twitter – @ElkRiverElksFB

Instagram – www.instagram.com/elkriver_football/

Email – Communications@elkriver-football.com

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2025 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.



Register at erstrength-speed

The program dates are June 9th to August 1st, not meeting the week of June 30th to July 3rd (Dead Week).

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Equipment Handout (Start in locker room)

Monday June 2nd

(After School):

Seniors:

2:15 - 2:40

Juniors:

2:40 - 3:05

Sophomores:

3:05 - 3:30

Freshmen:

3:30 - 4:00

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2025 9th Grade Signing Night

2025 Summer Mini Camp 1

Practices for 9th Grade:

Monday	June 16th: Lift 7:30 - 8:15, Practice 8:30 - 10:00
Tuesday	June 17th: Lift 7:30 - 8:15, Practice 8:30 - 10:00
Wednesday	June 18th: Lift 7:30 - 8:15, Practice 8:30 - 10:00
Thursday	June 19th: Defensive Camp with Texas Coaches 1-3 pm on game field

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2025 9th Grade Signing Night

2025 Summer Mini Camp 2

Practices for 9th Grade:

Monday	June 16th: Lift 7:30 - 8:15, Practice 8:30 - 10:00
Tuesday	June 17th: Lift 7:30 - 8:15, Practice 8:30 - 10:00
Wednesday	June 18th: Lift 7:30 - 8:15, Practice 8:30 - 10:00

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2025 Summer Mini Camp 3

Practices for 9th:

Monday	July 28th: Lift 7:30 - 8:15, Practice 8:30 - 10:00
Tuesday	July 29th: Lift 7:30 - 8:15, Practice 8:30 - 10:00
Wednesday	July 30th: Lift 7:30 - 8:15, Practice 8:30 - 10:00

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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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OTHER IMPORTANT DATES

- **Fundraiser #1:** **Starts June 2nd to 20th, pickup TBD**
- **Senior Leadership Meeting:** **Wednesday June 11th 12:00 pm**
- **Youth Camp:** **June 17th and 18th 1-3 pm**
- **Golf Tournament:** **Friday Aug 1st, 8:30 am start**
- **Registration Night/Fall Meeting:** **July 23rd at 6:00 pm**
- **1st Day of Practice:** **August 11th at 8:00 am**
- **Gold Card Sale:** **July 23rd to August 14th**
- **Gold Card Blitz Day:** **August 14th at 11:30-8:00 pm**