



# Stillwater Ponies Football

Minnesota State Champions  
1975 1982 1984 1995



## Winter Newsletter

Volume III, Issue 1

2014

### Transitions in Our Program in 2014

The 2014 Stillwater Ponies football program will have some noticeable changes that are sure to help us in our mission to be the most respected football program in Minnesota.

In review, 7<sup>th</sup> and 8<sup>th</sup> grade football will no longer be offered at Oak-Land Junior High or Stillwater Junior High School. Instead, the Valley Athletic Association will offer football for 3<sup>rd</sup> through 8<sup>th</sup> grade throughout the Valley. VAA football is a quality product that will provide a similar experience and allow for smaller teams, more coaching resources, a longer season, quality competition, and improved equipment. The VAA football commission and its coaches have adopted much of the schemes, skills, and drills that the high school program uses. Continuous improvement throughout the youth and junior high experience will be significantly aided with this new arrangement.

Our 9<sup>th</sup> graders will also have a new home. After linking 7<sup>th</sup> and 8<sup>th</sup> grade with VAA, it was equally important to combine the 9<sup>th</sup> graders into two teams (established in spring 2013) and bringing them up to the high school (established recently). Furthermore, my highest priority as head football coach in 2014 is to give significant attention to our 9<sup>th</sup> grade football players, teams, and coaches. This is a group that has been treated differently than 10<sup>th</sup> through 12<sup>th</sup> graders despite the fact that, in other than location, is part of the high school. Every effort will be made to make them feel like part of our high school football program. We are going improve a quality 9<sup>th</sup> grade experience.

The following is a brief outline of the rationale for bringing the 9<sup>th</sup> graders to SAHS.

- Our 9<sup>th</sup> graders will be one unit with two equal teams – Stillwater Ponies Red / Stillwater Ponies Black.
- There are many benefits to this arrangement, including:
  - Our six 9<sup>th</sup> grade coaches will work together
  - Players will mix into balanced teams
  - Resources will be pooled
  - Use of high school facilities and equipment which will never be available at a junior high school
  - Throughout most of the state, and in particular in the Suburban East Conference, all schools except Stillwater have 9<sup>th</sup> graders together – either 9-10 school, 9-12 school, or 9<sup>th</sup> graders come together. Therefore, we are eliminating a competitive advantage during the season.
  - Ability to acclimate the 9<sup>th</sup> graders to high school football. Our sophomores are shocked at the intensity level they discover when they come to the high school. This is not to say that our 9<sup>th</sup> grade coaches do not ask a lot of their players. However, the proximity to the 10<sup>th</sup>-12<sup>th</sup> players will have a great impact on them. I witnessed this firsthand when 9<sup>th</sup> graders joined the high school at Woodbury High School in 2009.
  - We have the ability to acclimate the 9<sup>th</sup> graders to in-season lifting.
- There are some drawbacks as well, including (though I will qualify them):

- Ninth graders no longer play for their respective junior high, which in the past could serve as a source of community and pride within our Stillwater community. Nevertheless, I have received positive feedback suggesting that coming together will strengthen Ponies football.
- Transportation to practice before school and during school after practice may be complicated for some athletes. However, carpools, and bikes will be employed to overcome this matter. Moreover, we have seen the same arrangement with other 9<sup>th</sup>-12<sup>th</sup> sports work seamlessly.
- Ninth graders must commute to SAHS prior to commuting to away games. Again, this has been handled by other sports teams. Moreover, this is just 10-15 minutes a few times a year.
- The three football practice fields at the high school will see more use. We will have to be even more diligent about taking care of the grass. We believe it is worth opportunity.
- Potential Questions and Answers

1. Where will ninth graders practice? NEXT TO THE SOPHOMORES AT SAHS.
2. Where will home games be? ALL HOME GAMES WILL BE PLAYED AT SAHS. THERE ARE A COUPLE DATES WHERE BOTH TEAMS WILL PLAY AT HOME. IN THOSE SITUATIONS WE WILL PLAY THEM SIDE BY SIDE. IT WILL BE A FRESHMAN FOOTBALL FEAST!
3. What time will practice take place? WE ARE GUESSING 3-5 PM IS A STARTING POINT AND WE WILL HONE FROM THERE.
4. Will 9<sup>th</sup> graders have lockers at SAHS? YES, IN THE SAHS PE LOCKER ROOM.
5. What will happen on away games? OLJH AND SJHS WILL COMMUTE TO SAHS, CHANGE, AND DEPART FOR THEIR AWAY GAMES. THIS MAY REQUIRE A LITTLE BIT OF RELEASE TIME. THIS IS NO DIFFERENT MOST OTHER SPORTS.
6. Is there an activities bus after practice? NO. THE PLAYERS MUST BE PICKED UP AT SAHS. THERE WILL BE SOME 200-225 PLAYERS THROUGHOUT THE DISTRICT WHICH SHOULD HELP WITH CARPOOLS AND RIDES.
7. What will our teams wear for uniforms? THERE WILL BE ONE NEW SET OF JERSEYS FOR ALL OF 9<sup>th</sup> GRADERS IN BOTH RED AND WHITE NUMBERED 1-89. THEY WILL ALSO HAVE NEW BLACK PANTS. THEY WILL EARN BLACK SOCKS VIA THE PONY CARD SALE.
8. Will the 9<sup>th</sup> grade teams play each other? YES. THIS GAME IS TENTATIVELY SCHEDULED FROM TUESDAY, OCTOBER 21 AT 6:00 PM AT PONY STADIUM.
9. Could the Red and Black teams change during the season? POTENTIALLY. EFFORTS WILL BE MADE TO MAKE SURE TEAMS ARE BALANCED. FOR EXAMPLE, IF THE RED TEAM LOST BOTH OF ITS CENTERS TO INJURY, ONE OF THE BLACK TEAM CENTERS MAY BE SWAPPED OUT TO FILL THE VOID. THIS WILL BE VERY LIMITED.
10. What do other schools do regarding 9<sup>th</sup> grade football? OUR OPPONENTS IN THE CONFERENCE HAVE THEIR 9<sup>th</sup> GRADERS TOGETHER. FOR A DECADE FOREST LAKE, MOUNDS VIEW, PARK, WOODBURY, WBL, AND STILLWATER HAD TWO 9<sup>th</sup> GRADE TEAMS. PRESENTLY, ONLY WBL AND STILLWATER WILL HAVE TWO TEAMS. WE BELIEVE WE HAVE ENOUGH QUALITY PLAYERS TO FIELD TWO COMPETITIVE TEAMS TO FOSTER NUMBERS FOR THE PROGRAM AND DEVELOP FOOTBALL PLAYERS.

These initiatives indicate passion, pride, and purpose to continue building our strong program. While the way in which we organize our program is integral to our success, it is not more important than: strength and conditioning; academic and personal growth; and a willingness to get better. Let's get a little better this spring and summer. It will pay off this fall.

## **Tradition Renewed**

Previous newsletters have documented how we have tried to expand upon the wealth of history and information of our program. Much of these findings are documented on [poniesfootball.com](http://poniesfootball.com). The site celebrates our history

and tradition, promotes our current players and teams, and seeks to connect our stakeholders everywhere. We are still photocopying the relevant articles of the program. Moreover, our lead statistician and record book editor Frank Matschina and I took on a picture project. We took to the yearbooks and found every award winner and record holder, snapped a picture of his picture, cropped it and named it. That's 431 pictures. We are gathering basic information on each of these men. Eventually, rather than just a list of names, our award pages will allow you to see a picture of each player and further information. It is a huge project, but it is underway.

### **A Review of the 2013 Ponies Football Season**

The varsity football team posted a 3-6 (3-5 SEC) season. The team started 3-0 outscoring their opponents 82-13. That stretch culminated with a memorable, once in a lifetime opportunity beating Cretin Derham Hall 21-7 live on national television via ESPN2. Our young men stole the Raider Homecoming at O'Shaughnessy Stadium in St. Paul. Unfortunately, a series of close losses followed. The team suffered consecutive losses in overtime, double overtime, and three games in which the Ponies had opportunities to win while down less than a score in the fourth quarter. Regardless, our young men have much to be proud of. More than anything, we commend our 36 seniors for their commitment to the program. Some highlights include:

- Dedication of time, effort, and resources to promote character and leadership development
- Over 1500 hours of community service (that is 3,800 by the program over three years) to the football program (Ponies Youth Football Camp and VAA Football), those less fortunate in our world (Feed My Starving Children and the sophomore food drive), those who do not have the same ability to enjoy our sport (Special Olympics and Adapted Football Day), and three Stillwater nursing homes (cookout and visitation).
- One player earned AP First Team All-State and All Metro honors, our team earned the Silver Academic Award from the Minnesota Football Coaches Association for the second consecutive season, and four players earned All SEC honors.
- The high school, including the B Squad, Broncos, and Varsity, had a combined record of 15-11.

The Broncos (JV) finished the season 4-4. The B-Squad finished the year 8-1. The team tied for the SEC Championship with East Ridge and Mounds View. The team conducted a successful food drive in which they collected 4,100 pounds of food items. Oak-Land Junior High finished 3-4-1. Stillwater Junior High went 2-5. We look forward to these 55 players coming together as one team this fall.

### **2013 Participation**

Football is a game of numbers. Our players and coaches have made a concerted effort to attract their classmates and friends to football and back to football. To field a competitive team, we need active, intense, and committed participation from a large group of players. Each player has a key role in fielding a successful team. It is important that we continue to schedule additional games to increase participation and try to maintain our coaching staff to ensure a quality experience for all players. Our freshmen numbers are low. We need every ninth grader (and maybe some friends who played in eighth grade) to join the sophomore team.

31	OLJH 9 <sup>th</sup> Grade	68	10 <sup>th</sup> Grade	36	12 <sup>th</sup> Grade
29	SJHS 9 <sup>th</sup> Grade	54	11 <sup>th</sup> Grade	218	Grade 9-12 Total
					(increase of 23 from 2011)
					(decrease of 13 from 2012)

### **2014 Varsity Football Captains and their Parents**

The 2013 varsity football team and coaching staff voted for captains at the conclusion of the season. The team selected Matt Anderson, Ryan Floen, Zach Knox, Andrew Lammers, and Ian Weisbrod. We expect our captains to link the players to the coaching staff throughout the off-season and then serve as a source of leadership in the fall. By the selection of their sons, the parents of the captains will link the parents to the team by organizing key events. Congratulations to our captains and the parents. Our captains have been an impressive presence in the weight room, on the basketball court, and at the ice rink. Our captains' parents had a transitional meeting with the 2013 captains' parents and Coach LaBore in early March. The 2013 captains' parents are: Larry and Susie Anderson; Craig and Carrie Floen, Kris and Greg Fry; Tim Knox and Kelly Knox; John and Debbie Lammers; and Doug Weisbrod and Julie Weisbrod. They will reach out for your assistance as we plan for 2014. One of the first official duties of the captains will take place when we bag groceries at Cub Foods on Sunday, May 24 from 10 AM to 6 PM.

### **Stillwater Area High School Weight Room**

The weight room is open Monday through Friday from 2:30 PM – 4:30 PM. Many of our football players have worked out four days a week on Monday, Tuesday, Wednesday, and Friday from 2:30 PM – 3:45 PM or more. Coach Weiss and Coach Ryan McCauley worked throughout the winter season. Coach McCauley will work in the spring. Coaches there are willing and able to help each athlete. If a football player is not in a high school sport or weight training class, they are expected to strength train. Strength training, pylometrics, and speed development are vital to our program. Developing strength and conditioning is the foundation for athletes who want to be successful in any competitive experience. Moreover, it is critical that a player be willing to apply himself for improvement six hours per week.

### **Attendance in the Weight Room**

Football is a game of speed and strength, so consistent workouts to improve will pay off when the 2014 season begins. We had 18 football players in grades 10-11 play an SAHS winter sport. Our numbers in Weight Training and Condition class were just above 20 for first semester and are just under currently. On our best days we have come close to doubling our numbers compared to last year. New this year to after school was the Strength and Conditioning Club which offered athletes an opportunity to letter based on significant improvements on testing, 90% attendance from November 1 through March 14, and overall performance. We will share those lettermen on our website when they are determined.

### **Junior High Weight Room**

SEVENTH, EIGHTH, AND NINTH GRADERS ... YEAH YOU! The weight rooms at each junior high are open immediately after school on Mondays, Tuesdays, and Thursdays. Coach Salmi at OLJH and Coach Brevitz at SJHS are there to help you build strength and athleticism in the off-season. This is especially important to our 9<sup>th</sup> graders. For most of our competition, high schools are composed of 9-12 graders. Therefore, 9<sup>th</sup> graders are included in the after school workouts with 10<sup>th</sup> -11<sup>th</sup> graders. We need you to capitalize on this opportunity. Before you know it, summer will be here and you will be expected to prepare like a high school football player. If you are not in an after school spring sport, be sure to take advantage of this opportunity.

### **Ponies Touchdown Club**

The PTC is almost two years old. It has been another fantastic year for this organization. As mentioned in prior newsletters, the PTC is a 501(c)(3) nonprofit organization intended to support the Stillwater football program. The PTC has done a great job of executing immediately while planning the long term future of the program under my direction as head football coach. Finally, significant promotions and fundraising has helped the program make necessary improvements. The following are highlights from the second year of the PTC:

- Final purchased enough new Riddell Revo Speed and Riddell 360 concussion reduction technology helmets so all 10-12 grade players wear one.
- Built an impressive 580 square-foot equipment garage with electricity on our practice fields to connect to the fields.
- Led SAHS to a three phase weight room initiative for make \$109,000 capital improvement. The PTC contributed more than half of this effort to give all SAHS students-athletes an opportunity to get bigger, stronger, and faster.
- Continued agreement with Adidas for low cost cleats and apparel for our football players and families.
- Continued use of Hudl game film software.
- Funded junior high programs by adding one coach to each grade (7-9) at each school.
- Funded additional 10<sup>th</sup>-12<sup>th</sup> grade football coaches.
- Assist with use of [www.poniesfootball.com](http://www.poniesfootball.com) website and maintained a Facebook page, You Tube channel, Twitter account, and Scoop It news feed.
- Annual purchase of footballs, decals, and miscellaneous equipment.
- Supported coaching staff with some education resources and clinics.
- Rewarded 2013 Stillwater graduate Aaron Romportl with the inaugural Ponies Touchdown Club Scholarship worth \$1,000.
- Increased the Ponies Game Day Program to 44 pages and added four Ponies All American Sponsors.
- Assisted the program with day to day costs which essentially “nickel and dime” our program.
- Created gatherings after most home games to build community within football supporters.

In 2014, we look forward to seeking the following in our third year:

- Bringing the 9<sup>th</sup> graders together will require new uniforms. It has been make clear that school district will not purchase new uniforms for teams going forward. We will step up here.
  - 9<sup>th</sup> Grade uniforms – red and white jerseys with black pants – total of \$6,019.50 plus shipping
- Our 9<sup>th</sup> Grade shoulder pads are in awful shape. Not one pair worn by junior high athletes was younger than the players using them in 2013. This is a safety and performance concern for our players. We have to attack this problem.
  - Good 9<sup>th</sup> grade shoulder pads – 100 pair – total \$6,000 plus shipping
- We have identified pieces of equipment that we want to add to our practice fields. This will be prioritized and purchased after the above issues are handled.

We have long range plans that we hope to implement in the future including:

- Assist the school district with the improvement of the SAHS Training Room.
- Assist the school district and community in making larger impact improvements to Pony Stadium including permanent ticket booths, restrooms, concession stands, and turf for playing field in the near future.

In short, the PTC seeks to continue our strong tradition as well as improve the Stillwater Ponies Football Program now and into the future. The safety and performance of our players is of the utmost importance to the football staff and the PTC board. We are striving to help Stillwater Ponies football become the most-respected program in the Minnesota.

## **Facilities**

### **Practice Field**

The Ponies Touchdown Club built a football storage garage near the practice field. This space has made our high school practices more efficient and productive. It was made with quality materials and craftsmanship and will be here for generations.

### **Stillwater Area High School Weight Room**

Stillwater Area High School donations, individual sports teams, the activities office, and the Ponies Touchdown Club dramatically changed our weight room in 2013. We flipped the equipment in this space to make it more functional, effective, efficient, and a space that our athletes can take pride in.

This effort, of which more than half of the dollars contributed was by the PTC, completed three phases totaling over \$109,000. A high quality weight room is essential to successful high school programs, especially in football. Many teams who have won recent football state championships have state of the art weight rooms. While our space is limited, the equipment and desire of our weight room has given our student-athletes a superior facility to be healthy and get bigger, faster, and stronger.

### **Start Dates for 2014 Spring Sports**

Registration for spring sports is here. Forms are available at the activities office and on the SAHS activities website. Multi-sport athletes make our school and football program stronger. Starting dates for spring sports: **Baseball (March 17), Golf (March 17), Lacrosse (March 31), Tennis (March 24), and Track and Field (March 10).**

### **Ponies Football Calendar**

All football activities for grades 9-12 are on the calendar at [www.poniesfootball.com](http://www.poniesfootball.com) from June through the end of the season. This includes PPP, Pony Camp, practice, and game information. Each team can be tagged.

### **Vacation – “When is the best time to go?”**

The question above is one that is asked often. For families who seek to avoid conflicts with PPP and football, there are two good options. There are two full weeks off for our football players. First is the MSHSL No Contact Week. This would run from Friday, June 27<sup>th</sup> through Sunday, July 6<sup>th</sup>. Second would be the week after PPP and before the start of football. This would run from Saturday, August 2<sup>nd</sup> through Sunday, August 10<sup>th</sup>. Keep in mind that equipment handout for grades 9-12 will only take place on Friday, August 1<sup>st</sup> – no exceptions.

### **Schedule Information**

The Suburban East Conference provides an outstanding website that can give you everything you need to know about team schedules. Though football season is over, this website, [www.suburbaneast.org](http://www.suburbaneast.org), can still be accessed for spring athletic events and 2014 football using the advanced view report.

### **2014 Stillwater Ponies Varsity Schedule**

08/28	Roseville	Away	10/24	Playoffs Round 1	TBA
09/05	St. Paul Central	Home (Parent Night)	10/31	Playoffs Round 2	TBA
09/12	Forest Lake	Away	11/07	State 6A Quarterfinals	TBA
09/19	Park	Home (SCVAAHOF)	11/13 & 11/14	State 6A Semifinals	TCF
09/26	White Bear Lake	Away	11/21	State 6A Prep Bowl	TCF
10/03	Cretin Derham Hall	Home (Homecoming)			
10/10	Woodbury	Away			
10/15	Mounds View	Home (Senior Night)			

## **Player Equipment Requirements**

Shoes: The 9<sup>th</sup>-12<sup>th</sup> grade players are expected to wear shoes with the primary color being black. There are no exceptions here. This should be plenty of advanced notice.

Girdle: All 9<sup>th</sup>-12<sup>th</sup> players are required to purchase a built-in girdle. There is no question this equipment is superior to the old model. Options will be presented in the spring and summer. These girdles can last two to three seasons for a player.

Sleeves and Leggings: All visible undergarments are expected to be black whether we play at home or on the road.

## **Weight Gain**

Football is a sport where size can play a role in a team's success. Listed below are important points to consider if a player is trying to gain weight in a healthy manner (which is possible and academic):

- Strength training is key
- Breakfast is a must
- Eat good foods
- Add healthy snacks in between meals
- Drink water and avoid pop and energy drinks
- Gain one pound per week
- Get no less than eight hours of sleep each night
- Always work to get faster – Run, run, run!

Getting the right nutrition and hydration is a key to being prepared and successful! Each summer we host a PowerUp for Pony Football through the Valley's own Lakeview Health. Athletes in grades 9-12 will view the presentation and sample proper snacks you should have daily while training. These presentations and the nutrition playbook are possible through Community Health and Wellness for the Lakeview Foundation and sponsored by the Ponies Touchdown Club.

## **Academic Eligibility**

We are proud of our varsity team for earning the Silver Academic recognition from the Minnesota Football Coaches Association for the second consecutive year. This is the result of young men seeking excellence in the classroom. If you are concerned about your academic situation, do not hesitate to see Coach LaBore for ways to improve your performance. If your academic situation is in question your counselor or teacher will let Coach LaBore know anyway. We want you to succeed.

## **ACT 2014-2015**

Interested in going to college? The following dates are open for taking the ACT. Clearly, taking this test outside an official sport season is appreciated by coaching staffs. Notice the registration dates. ACT information can also be accessed at (319) 337-1270 or [www.actstudent.org](http://www.actstudent.org).

- |                   |                           |
|-------------------|---------------------------|
| -Test on 04/12/14 | Register late by 03/21/14 |
| -Test on 06/14/14 | Register by 05/09/14      |
| -Test on 09/13/14 | Register by 08/06/14      |
| -Test on 10/25/14 | Register by 09/19/14      |
| -Test on 12/13/14 | Register by 11/07/14      |
| -Test on 02/07/15 | Register by 01/09/15      |
| -Test on 04/18/15 | Register by 03/13/15      |
| -Test on 06/13/15 | Register by 05/08/15      |

## **Coaching Staff News**

- Mark Elmer, who will continue to coach the varsity defensive backs, is stepping down from the Defensive Coordinator position to make way for Mark Harris to assume it. There are several reasons for this transition, which was initiated by Elmer. This transition will allow us to tweak our defense for what has become a spread offense dominated league. Coach Elmer feels that the transition comes at a good time as he grows closer to retirement and Coach Harris seeks the challenge. We believe this will extend Coach Elmer's coaching career beyond retirement which would be ideal.
- After seven years of working with Coach Harris, Coach LaBore knows he is primed for the opportunity. Coach Harris is curious, pays incredible attention to detail, likes solving puzzles, and can place things in the big picture. Harris is a tireless worker and shows unreal organization with Hudl play books, power points, and preparation. He will follow Coach Elmer, Scott Hoffman, and Denis Meyer as another long-time and great Stillwater defensive coordinator.

## **2014 Important Dates**

The last page of the newsletter is the Important Dates document. Please print and place this sheet somewhere prominent in your household.

## **Words of Wisdom**

In 2004, I had the fortune of meeting Coach Jerry Brown. Having grown up in South St. Paul, I was all too familiar with Coach Brown because of his great success coaching our nemesis St. Thomas Academy. I never played against one of his teams. However, my teammates and I did enjoy defeating the Cadets at Jerry Brown Stadium – their first ever varsity loss at the facility – in a 10-7 overtime tilt my sophomore year. While talking with the old coach for a few minutes after a St. John's football game, he asked me if I wanted to be a head coach. I replied that it could not happen fast enough. Then, I followed by asking him if he would join me when it happened. Knowing I was young and he was getting older, he chuckled and replied, "If you are a head coach within three years of today and 10 miles of my front doorstep, you're on." Six months later I called Coach Brown to ask him what position he wanted to coach nine miles away in Woodbury. As much as he wanted to commit, he did not think he had the physical ability to give the job what he knew was required. Regardless, it was what he said shortly after that resonated with my upbringing and became a daily reminder. Coach Brown, knowing there would be challenges for me having no head coaching experience and being the youngest head coach in the biggest class of football in Minnesota, said, "You have a great challenge in front of you. You will find a way. However, never let anyone discredit you for your effort." In the end, no matter the situation, regardless of the outcome, if we are true to ourselves we can be satisfied knowing we worked as hard as we could.

Go Ponies!

Beau LaBore  
Social Studies Teacher  
Head Football Coach  
Stillwater Area High School

## 2014 Important Dates

New in 2014, Pony Power and Performance (PPP) and the Pony Camp are combined for grades 7-12. There are several reasons for this change. First, it is convenient as athletes are already on site and will rarely conflict with other sports. Second, we can break up our sessions into shorter periods of time to focus on fundamentals and implementation. Third, it allows us to reduce the time demands of a camps or full length practices. On Pony Camp days, the sessions last two hours and ten minutes with ten minutes of transition built in. That length is a typical sports' practice session. Fourth, it allows us to almost completely avoid sessions with players in the afternoon, evening, and weekends (Friday through Sunday). The arrangement below assumes participation in both. While we strongly urge our football players to do both, the sessions are itemized on page two. Two registrations must take place – one for Pony Power and Performance through the Activities Office at SAHS and one through Community Education at the District Service Center.

- \*PPP: cost of \$130 includes 27 90-minute strength training, plyometric, speed, and conditioning workouts and a shirt.
- \*Pony Camp: cost of \$75 includes 18 40-minute practices and a shirt. The first practice is Tuesday, June 17. The first week of summer will only be three PPP workouts.
- \*The MSHSL no contact week is Monday, June 30 – Sunday July 6. Therefore there will be no sessions June 30 – July 3.
- \*There is nothing scheduled from August 2 through August 10. Practice begins August 11.

### **Pony Power and Performance and the Pony Camp at Stillwater Area High School for Grades 11-12**

Begins Tuesday, June 10 through Thursday, July 31 (27 PPP workouts and 18 football practices)

Mondays: PPP from 7:30 AM to 8:55 AM

Tuesdays/ Wednesdays/ Thursdays: PPP from 7:30 AM to 8:55 AM and Pony Camp from 9:00 AM to 9:40 AM

### **Pony Power and Performance and the Pony Camp at Stillwater Area High School for Grades 9-10**

Begins Tuesday, June 10 through Thursday, July 31 (27 PPP workouts and 18 football practices)

Mondays: PPP from 9:00 AM to 10:25 AM

Tuesdays/ Wednesdays/ Thursdays: Pony Camp from 8:15 AM to 8:55 AM and PPP from 9:00 AM to 10:25 AM

### **Pony Power and Performance and the Pony Camp at Stillwater Area High School for Grades 7-8**

Begins Tuesday, June 10 through Thursday, July 31 (27 PPP workouts and 18 football practices)

Tuesdays/ Wednesdays/ Thursdays: Pony Camp from 9:45 AM to 10:25 AM and PPP from 10:30 AM to 11:55 AM

### **Ponies Youth Football Camp with Coach LaBore and Stillwater High School Players at Stillwater Area High School**

Monday, July 28 through Friday, August 1 from 12:00 PM – 2:00 PM

### **2014 Stillwater Ponies Fall Sports Registration**

Grades 9-12: Monday, August 4 – Friday, August 8 from 7:00 AM – 3:30 PM

### **2014 Stillwater Ponies Football Equipment Handout at Stillwater Area High School**

Helmet and shoulder pad fitting with Riddell representative and locker assignment

Friday, August 1: Seniors at 9:00 AM, juniors at 9:30 AM, sophomores at 10:00 AM, freshmen at 10:30 AM.

This will be the only time equipment is handed out until Monday, August 11

### **2014 Stillwater Ponies Football**

Grade 9-12 football practice begins Monday, August 11 at SAHS

### **2014 Stillwater VAA Football**

Grade 7-8 football practice begins Monday, August 11

For a complete calendar for grades 9-12 visit [www.poniesfootball.com](http://www.poniesfootball.com).  
Please contact Coach LaBore by email [laboreb@stillwater.k12.mn.us](mailto:laboreb@stillwater.k12.mn.us) with any questions.

## Itemized Important Dates in 2014

### **Pony Power and Performance at Stillwater Area High School for Grades 9-12**

Begins Tuesday, June 10 through Thursday, July 31 (27 workouts)

The MSHSL no contact week is Monday, June 30 – Sunday July 6. Therefore there will be no workouts June 30 – July 3.

There is nothing scheduled from August 2 through August 10

Mondays – Tuesdays – Wednesdays – Thursdays

June 10, 11, 12, 16, 17, 18, 19, 23, 24, 25, 26 / July 7, 8, 9, 10, 14, 15, 16, 17, 21, 22, 23, 24, 28, 29, 30, 31

Juniors & Seniors start at 7:30 AM until 8:55 AM \*Remember Pony Camp

Freshmen & Sophomores start at 8:15 AM until 9:40 AM \*Remember Pony Camp

Cost of \$130 includes strength training, plyometrics, speed, change of direction, conditioning, and a shirt

### **Pony Power and Performance at Stillwater Area High School for Grades 7-8**

Begins Tuesday, June 10 through Thursday, July 31 (21 workouts)

The MSHSL no contact week is Monday, June 30 – Sunday, July 6. Therefore there will be no workouts July 1-3.

There is nothing scheduled from August 2 through August 10

Tuesdays – Wednesdays – Thursdays

June 10, 11, 12, 17, 18, 19, 24, 25, 26 / July 8, 9, 10, 15, 16, 17, 22, 23, 24, 29, 30, 31

7<sup>th</sup> – 8<sup>th</sup> grade boys start at 10:30 AM until 11:55 PM \*Remember Pony Camp

Cost of \$100 includes strength training, plyometrics, speed, change of direction, conditioning, and a shirt

### **Pony Camps at Stillwater Area High School**

Tuesday, June 10 through Thursday, July 31

Offense, defense, and specialist skills, drills, and fundamentals with system installation

Cost of \$75 for 21 40-minute practice session and a shirt

Juniors & Seniors on Tuesdays, Wednesdays, and Thursdays from 9:00 AM – 9:40 AM

Freshmen & Sophomores on Tuesday, Wednesdays, and Thursdays from 8:15 AM – 8:55 AM

7<sup>th</sup> & 8<sup>th</sup> Grade on Tuesdays, Wednesdays, and Thursdays from 9:45 AM – 10:25 AM