

AVFB Parent Night

2026

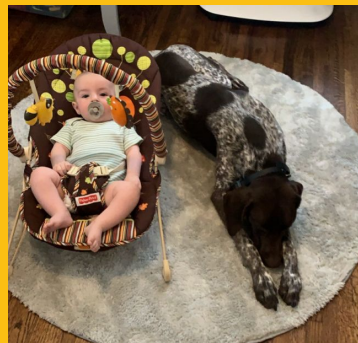


Agenda



- Coach Introduction
- Program Vision and Values
- Communication
- Summer Schedule
- Fall Camp/Season Schedule
- Policies and Procedures
- BSN Apparel Store
- AVQBC

Coach Hentges



Program Vision and Values





Mission: *Create AVHS pride through commitment to others, organization, discipline, culture, and fundamentals.*

Vision for AVHS Football: *To be the best place in the state to play high school football.*

The Gold Standard



Selflessness

- “We before me”
- ALWAYS protect the team-
“Everything matters. Everyone matters”
- Buy in to something greater than the individual

Resiliency

- Respond to adversity by “leaning in”
- Learn from all failures
- Daily excellence

Competitiveness

- “Any time, anywhere, any place”
- Eliminate fear of failure
- Competition = growth

Joy

- Enjoy the ride (peaks and valleys)
- Celebrate TOGETHER
- Make football the best part of your day

Communication



Communication



1. Parent Square

- a. Download the App
- b. View Calendar
- c. Set up Text Messaging

2. Email

- a. matt.hentges@district196.org

3. Website

- a. avfootball.com



Summer Schedule





Summer schedule can be found...

1. On Parent Square calendar
2. On avfootball.com calendar
3. In PDF form sent via Parent Square

Summer Opportunities



Strength and Speed- 9th-12th Grade

7 on 7- 9-12th Grade (10th-12th for Joint 7 on 7)

Summer Practices- 10th-12th Grade Practice, 9th Grade practice

Joint Practice (@ Eastview)- 10th-12th Grade

Youth Clinics- 10th-12th Grade Volunteers

Youth 5 on 5- 10th-12th Grade Volunteers

Summer Calendar and Event Highlights



June 8th- Speed and Strength Begins

July 6th-10th- No Contact Period (MSHSL Rule)

July 13th- Football Registration Opens/Golf Tournament

July 14th- Summer Practices Begin

July 27th-30th- Youth Clinics

July 30th- Joint Practice/Summer Practices End

Aug 3rd-16th- No Football Activities (MSHSL Rule)

Aug 4th- Mom's Night

Aug 17th- Season Starts

August Camp/Season



Participation Requirements



1. Be Registered for Football

- a. Registration opens July 13th (more on next slides)

2. Have an Updated Sports Physical

- a. Sports physicals are good for **3 years**
- b. Twin Cities Orthopedics offers **FREE** physicals (more on next slides)

3. Review Player Handbook

- a. Will be provided today, to your athlete, and sent out electronically.

Registration Steps



Step 1: Educational Benefits Form

- a. [Educational Benefits Form](#)
- b. Player may be eligible for reduced athletic pricing
- c. Removes athletic barriers

Step 2: Updated Physical Form

- a. [Sports Physical Form](#)
- b. Email to allison.weaver@district196.org
- c. OR bring into AVHS main office

Step 3: Register for Football

- a. <https://district196.cf.edutrakconnect.com/>

Sports Physicals



1. Sports Physical Questions

- a. Email: SportsPhysicals@TCOmn.com
- b. Website: <https://tcomn.com/sportsphysicals/>



2. Free Physical Dates

- a. Thursday July 30th – Burnsville TCO
- b. Thursday Aug 13th – Eagan (Viking Lakes) TCO
- c. Other Cities and dates available on website

Schedules- August Camp



Teams



JV/Varsity

- 10th-12th Grade Athletes
- All who are eligible dress for Varsity
- 8 Varsity Regular Season Games
- 8 JV Regular Season Games
- 1 Guaranteed Post Season Game

9th Grade

- 9th Grade Athletes
- 8 Regular Season Games
- Now apart of MSHSL regulations
- No Post Season Games



JV/V Tentative Fall Camp- Week 1



MONDAY (8/17)	TUESDAY (8/18)	WEDNESDAY (8/19)	THURSDAY (8/20)	FRIDAY (8/21)
7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN
7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS
8:45 AM - 10:45 AM PRACTICE (HELMETS)	8:45 AM - 10:45 AM PRACTICE (HELMETS)	8:45 AM - 10:45 AM PRACTICE (SHELLS)	8:45 AM - 10:45 AM PRACTICE (SHELLS)	8:45 AM - 10:45 AM PRACTICE (FULL)
11:00 AM - 11:30 AM LUNCH	11:00 AM - 11:30 AM LUNCH	11:00 AM - 11:30 AM LUNCH	11:00 AM - 11:30 AM LUNCH	11:00 AM - 11:30 AM LUNCH
11:30 AM - 12:30 PM TEAM MEETING/ O/D MEETINGS	11:30 AM - 12:00 PM TEAM MEETING	11:30 AM - 12:30 PM TEAM MEETING/ O/D MEETINGS	11:30 AM - 12:00 PM TEAM MEETING	11:30 AM - 12:30 PM TEAM MEETING/ O/D MEETINGS
12:45 PM - 2:30 PM PRACTICE (HELMETS)	12:00 PM - 1:00 PM LIFT/ O/D MEETINGS	12:45 PM - 2:30 PM PRACTICE (SHELLS)	12:00 PM - 1:00 PM LIFT/ O/D MEETINGS	12:45 PM - 2:30 PM PRACTICE (FULL)
	1:15 PM - 2:30 PM WALK THROUGH		1:15 PM - 2:30 PM WALK THROUGH	
			3:00 PM - 6:00 PM GOLD CARD BLITZ NIGHT	



JV/V Tentative Fall Camp- Week 2



MONDAY (8/24)	TUESDAY (8/25)	WEDNESDAY (8/26)	THURSDAY (8/27)	FRIDAY (8/28)
6:00 AM - 7:00 AM INSTALL/ WALK THROUGH	6:00 AM - 7:00 AM INSTALL/ WALK THROUGH	6:00 AM - 7:00 AM INSTALL/ WALK THROUGH	6:00 AM - 7:00 AM INSTALL/ WALK THROUGH	6:00 AM - 7:00 AM LIFT
2:30 PM - 3:15 PM LIFT	2:30 PM - 3:15 PM TEAM MEETING/ O/D MEETING	2:30 PM - 3:15 PM LIFT	2:30 PM - 3:15 PM TEAM MEETING/ O/D MEETING	2:30 PM - 3:00 PM TEAM MEETING
3:30 PM - 5:30 PM PRACTICE (FULL)	3:30 PM - 5:30 PM PRACTICE (FULL)	3:30 PM - 5:30 PM PRACTICE (FULL)	3:30 PM - 5:30 PM PRACTICE (FULL)	3:15 PM - 4:30 PM PRE-GAME (HELMETS)
				SATURDAY (8/29)
				SCRIMMAGE @ EAGAN



9th Grade Tentative Fall Camp- Week 1



MONDAY (8/17)	TUESDAY (8/18)	WEDNESDAY (8/19)	THURSDAY (8/20)	FRIDAY (8/21)
7:00 AM - 7:30 AM CHECK-IN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN	7:00 AM - 7:30 AM EQUIPMENT ROOM OPEN
7:30 AM - 8:00 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS	7:30 AM - 8:30 AM TEAM MEETING/ O/D MEETINGS
8:00 AM - 10:00 AM PRACTICE (NONE)	8:30 AM - 10:30 AM PRACTICE (HELMETS)	8:30 AM - 10:30 AM PRACTICE (SHELLS)	8:30 AM - 10:30 AM PRACTICE (SHELLS)	8:30 AM - 10:30 AM PRACTICE (SHELLS)
10:00-10:45 TEAM MEETINGS/ HELMETS	10:30 AM - 11:00 AM BREAK/GOLD CARDS	10:30 AM - 11:00 AM BREAK	10:30 AM - 11:00 AM BREAK	
11:00 AM - 12:00 PM PRACTICE (HELMETS)	11:00 AM - 12:00 PM EQUIPMENT HANDOUT	11:00 AM - 12:00 PM PRACTICE (TBD)	11:00 AM - 12:30 PM PRACTICE (TBD)	



9th Grade Tentative Fall Camp- Week 2



MONDAY (8/24)	TUESDAY (8/25)	WEDNESDAY (8/26)	THURSDAY (8/27)	FRIDAY (8/28)
2:30 PM - 2:45 PM LIFT	2:30 PM - 2:45 PM TEAM MEETING/ O/D MEETING	2:30 PM - 2:45 PM LIFT	2:30 PM - 2:45 PM TEAM MEETING/ O/D MEETING	2:30 PM - 2:45 PM TEAM MEETING/ O/D MEETING
2:45 PM - 4:30 PM PRACTICE (FULL)	2:45 PM - 4:30 PM PRACTICE (SHELLS)	2:45 PM - 4:30 PM PRACTICE (SHELLS)	2:45 PM - 4:30 PM PRACTICE (SHELLS)	2:45 PM - 4:30 PM PRACTICE (SHELLS)
				SATURDAY (8/29)
				SCRIMMAGE @ EAST RIDGE

Schedules- In Season



Game Schedule



2026 Varsity Schedule

8/29	Scrimmage @ EHS	9:00am
9/3 (Thu)	Rochester JM	6:00pm
9/11	@ Waconia	7:00pm
9/18	Two Rivers (HC)	6:00pm
9/25	@ Hastings	7:00pm
10/2	@ St. Thomas Academy	7:00pm
10/8 (Thu)	Burnsville (Tackle Cancer)	6:00pm
10/14 (Wed)	@ Mankato East	7:00pm
10/21 (Wed)	Owatonna	6:00pm

2026 JV Schedule

8/29	Scrimmage @ EHS	9:00am
TBD	@ Rochester JM	TBD
9/12	Waconia	12:00pm
9/19	@ Two Rivers (HC)	9:00am
9/26	Hastings	12:00pm
10/3	St. Thomas Academy	12:00pm
10/9	@ Burnsville	4:30pm
10/13	Mankato East	5:00pm
10/20	@ Owatonna	5:00pm

2026 9A Schedule

8/28	Scrimmage @ East Ridge	9:00am
TBD	Rochester JM	TBD
TBD	@ Waconia	TBD
9/17	Two Rivers (HC)	4:30pm
9/24	@ Hastings	4:30pm
10/1	@ St. Thomas Academy	4:30pm
10/9	Burnsville	4:30pm
TBD	@ Mankato East	TBD
10/20	Owatonna	5:00p

Game Week Schedule



There will be Mandatory Practice over MEA Break for JV/V

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JV/VARSITY	2:45-3:00: Team Meeting 3:00-3:30: O Weightroom D Film/Install 3:30-4:00 D Weightroom O Film/Install 4:00- 5:00 Practice Install (Helmets or Shells)	2:45-3:00: O/D Film or Meeting 3:15-5:00: Practice (Full) 5:00-5:30: Lift	2:45-3:00 Transition to Field 3:00-5:00 Practice (Full)	2:45-2:55: Team Meeting 3:00-3:45: V/JV Game Script (Helmets) 3:45-4:00 Challenge	Gameday: Refer to Game Day Schedule	Film and Recovery: 8:00-9:00: Lift and Recovery 9:00-10:00: Film
9TH GRADE	2:45-3:00 Team Meeting 3:00-4:30 Practice (Helmets)	2:45-3:00 Team Meeting 3:00-4:30 Practice (Helmets)	2:45-3:00 Team Meeting 3:00-4:30 Practice (Helmets)	Gameday: Refer to Game Day Schedule	Film and Recovery: 2:45-4:30: Lift and Recovery/Film	OFF

Policies and Procedures



Player Handbook



Player Handbook can be found...

1. From your athlete after Practice #1
2. On avfootball.com
3. In PDF form sent via Parent Square

* Handbook will be covered during camp with players*

What is covered...

1. Communication protocols
2. Practice/School Expectations
3. Media & Social Media
4. Locker/Equip. Rooms
5. Injuries
6. Travel
7. MSHSL Policies
8. Practice/Game Schedules

Player Handbook- Highlights



Non-Negotiables

- Always protect the team-
“Everything matters. Everyone matters.”
- Be early- Come prepared and organized
- Communicate- Verbal and nonverbal
- No whining, no complaining, no excuses

Behavior

We ask Four questions:

- Will it make you a better person?
- Will it make you a better student?
- Will it make you a better athlete?
- Will it represent AVHS Football in a positive manner?

“Conduct detrimental to the team on the field, at school, in the community, and digitally will affect playing time, and potential team membership. All disciplinary actions will be communicated clearly to players and families.”



Name and Teach Gold Standard Behaviors



Clarify and Reinforce Standards with ALL players



Identify Supports for Standards Not Being Met



Identify and Apply Consequences

Player Handbook- Highlights

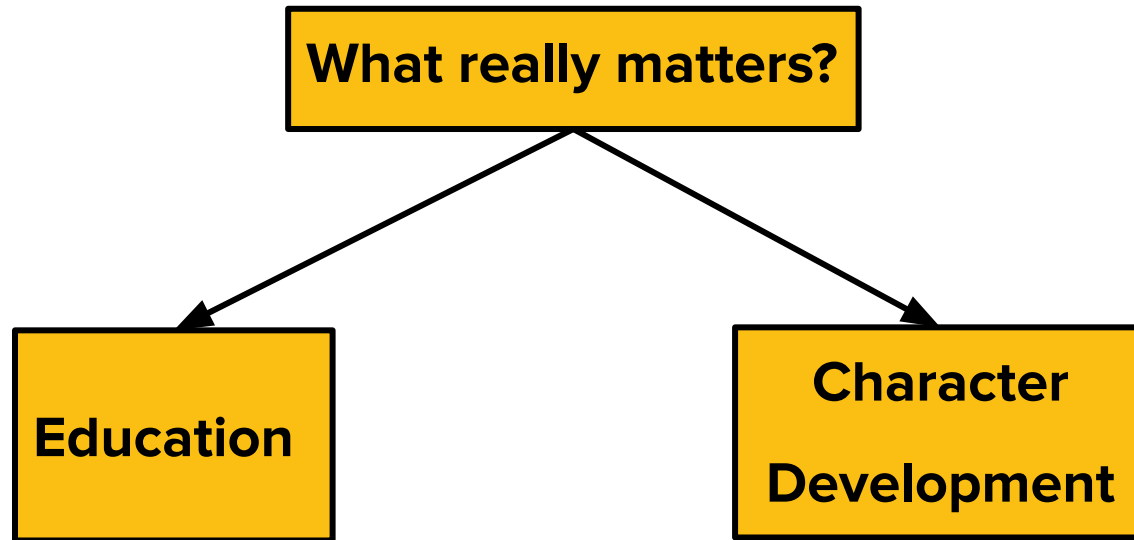


Attendance

- Student must attend **4 Periods** to be eligible for play.
- We need to support students attending school daily, regardless of class, teacher, etc.

Academics

- Students must be **on track to graduate** (credits depend on grade level)
- Student who are not on track will be on academic support list.
- Will affect participation and playing time



Apparel Store



Apparel Store



[AVHS Football Apparel Store Link](#)



AVQBC



AVQBC



OUR TEAM. OUR KIDS. OUR COMMUNITY.
TOGETHER, WE SOAR!



APPLE VALLEY EAGLES
BOOSTER CLUB
STRONGER SUPPORT. BIGGER IMPACT.

JOIN THE BOOSTER CLUB TODAY!

★ YOUR MEMBERSHIP HELPS PROVIDE: ★



SUPPORT FOR
COACHES
AND STAFF



EQUIPMENT
AND GEAR
FOR OUR ATHLETES



TEAM TRAVEL
AND EVENTS



SPIRIT AND
SCHOOL PRIDE



A STRONGER
ATHLETIC
PROGRAM

EVERY
MEMBER
MATTERS.

MAKE A DIFFERENCE. BE PART OF THE TEAM!
SIGN UP TODAY AND HELP OUR EAGLES TAKE FLIGHT!



♥ GET INVOLVED • SUPPORT OUR STUDENTS • BUILD A WINNING TRADITION

TOGETHER, WE ARE APPLE VALLEY!



APPLE VALLEY EAGLES



FOOTBALL BOOSTER CLUB

CONCESSIONS

**FUEL THE FANS.
SUPPORT OUR TEAM!**

Every purchase from our concession stand helps support Apple Valley football players, equipment, team events, and more!

 **THANK YOU**
FOR YOUR SUPPORT!

ENJOY YOUR GAME DAY FAVORITES!



BURGERS

HOT DOGS

POPCORN

CHIPS

DRINKS

GOOD FOOD ★ GREAT PRICES ★ BIG IMPACT

**★ GRAB A SNACK. ★
SUPPORT THE EAGLES.**



TOGETHER, WE BUILD CHAMPIONS ON AND OFF THE FIELD!


**VOLUNTEERS
MAKE IT HAPPEN!**
Want to help in
the concession stand?
We'd love to have you!
**SEE A BOOSTER CLUB
MEMBER TO SIGN UP!**

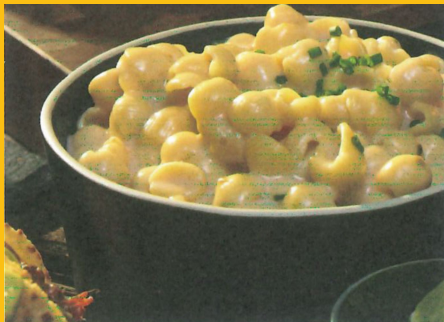
Concessions



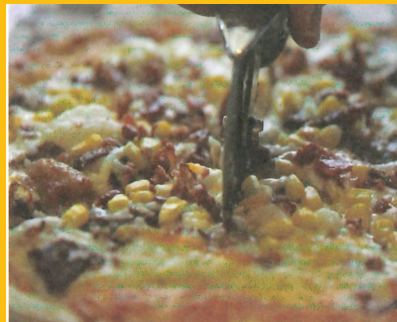
- 9th families 2 shifts
- 10th families 1 shift
- Home Games
 - Sept 3rd
 - Sept 18th
 - Oct 8th
 - Oct 21st

Fundraiser

Ole & Lenas & Eisele



Cerveza Mac & Cheese Pasta



Steak & Mashed Potato Specialty Pizza



Breakfast Specialty Pizza



Dill Pickle Specialty Pizza



Reuben Specialty Pizza



Spring Fundraiser 2026 with **Eisele GREENHOUSE**

BEAUTIFUL ANNUALS AND PERENNIALS DIRECT FROM THE GROWER

15% of your pre-tax plant purchase will be donated to **APPLE VALLEY FOOTBALL**

Please show this certificate or mention Apple Valley Football to the cashier

Valid May 1-31, 2026

Eisele Greenhouse Inc.
8350 160th Street West Lakeville MN 55044
eiselegreenhouse.com
(952) 432-7435

Located 3/4 mile west of Cedar Avenue on the south side of 160th Street(County Rd 46)

Von Hanson's Brat Stand

- June 27th & 28th
 - 9:30am - 5:30pm
- Grill Brats
- Set up
- Take down
- Earn your equipment fee

— *Come Support Our* —
2026
APPLE VALLEY
FOOTBALL ★

★ Support the 2026 Season & 50 Years of Eagle Football! ★

APPLE VALLEY HIGH SCHOOL FOOTBALL



BRATS



HOT DOGS



DRINKS

AT
VON HANSON'S
Brat Stand

SATURDAY & SUNDAY
JUNE 27TH & 28TH |  9:30AM - 5:30PM

— 7533 148TH ST W, APPLE VALLEY —

What Do We Provide?



Helmet- **\$700**

Shoulder Pads- **\$325**

Football- **\$130**

Leg Pads- **\$40**



Game Jersey- **\$200**

Girdle- **\$60**

Game Pants- **\$100**

Other Expenses



- **Coaches**
- **Field Equipment**
- **Film/Video**
- **Meals and Celebrations**
- **Travel Costs**

Golf Tournament

- July 13th @ Crystal Golf
- Early Bird Pricing Ends May 31st



TQRCG

MONDAY, JULY 13TH

13TH ANNUAL
APPLE VALLEY
Football



WITH A ROUND OF
Golf!

◆ Social • Meal • Raffles • Prizes • Socializing

SHOTGUN START AT 9 AM SHARP!

EARLY BIRD PRICING - MUST BE PAID BY MAY 31ST

\$150 = **OR** = **\$560**
— PER GOLFER — AS FOURSOME ONLY

REGULAR PRICING

\$175 = **\$660**
— PER GOLFER — PER FOURSOME

— SOCIAL + MEAL ONLY —
\$35

ALL INVOICES & REGISTRATION MUST BE
SIGNED UP & PAID BY JUNE 30TH

FILL OUT THE FORM TO RECEIVE AN INVOICE!



SUPPORT

Apple Valley Football!



PATRIOTS
RESTAURANT & BAR



Owned by American Legion Post 1776



DINE IN

10%

OF FOOD SALES



Will Be Donated Back to the

FOOTBALL PROGRAM!

★ EVERY SUNDAY ★

AUGUST 23RD - NOVEMBER 1ST

5:00PM - 8:00PM

EAT. SUPPORT. GIVE BACK.

Together We Build Champions!

★ **PATRIOTS RESTAURANT & BAR** ★
14521 GRANADA DR, APPLE VALLEY, MN 55124