



Hopkins Football 2023
NEXT SEASON, NEXT LEVEL

Introduction of Coaches

Trevor Tolly

Joe Metcalf

Josh Holm

Eric Richardson

Eric Olson

Mark Vagle

Farouk Hannon

Lee Hutton

Irie Collins

James Cannon

Jake Walker

Mason Frank

Bryan Cupito

Anthony Satchel

Cade Dodd

Parrish Thompson

Brady Gillies

Jabir Gulet

Bo Johnston

Jake Schaper

Trevor Schiltz

Nate Middleton

Kyle Stark

Kyler Kennedy

Corby Koehler

Stephanie Reinisch - Athletic Trainer



Coaching Philosophy

Football Philosophy

My football philosophy and mission for the royal football program is to field a team that excels on the field, achieves in the classroom, and positively impacts our school and community. Players will be taught the game of football and encouraged to give their best at all times. Every athlete in our program will be treated with respect, dignity, and held accountable for their actions as we strive to reach our potential as a team and as individuals. We will honor the great game of football by always respecting our opponent, playing with class, within the rules, and playing as hard as we physically can.



Importance of a Parent Meeting

Why a parents meeting?

- It allows the head coach to set proper expectations about the upcoming season. Without a pre-season parents meeting it will open the coaches up to potential parent frustrations & other issues that could have been avoided.
- The head coach has to be upfront and honest in the parents meeting.



Program Goals

- 1. The mission of our program is to provide an inspirational and highly enthusiastic environment for each student/athlete.**
- 2. Each student/athlete involved in program will leave the program a better person/individual than when they came in.**
- 3. Emphasize the importance and development of fundamentals and teach what is necessary for a positive experience in football and life.**
- 4. Establish a program that the parents, players, school, faculty, students, and community can be proud of.**

P.R.Y.M.E.



Communication Policy

I will always have an open line of communication and respond to you as quickly as I possibly can.

Best Way To Contact Me:

Via email – trevortolly@gmail.com - trevor.tolly@hopkinsschools.org

612-402-0359 (phone or Text)

- Text is the preferred communication tool
- If a phone call is necessary - OK.
- Please remember I coach over 100 players and phone calls usually are not answered during the time with players.

I will always reply back as fast as I can.



Communication Policy

COMMUNICATION WITH THE COACHES

- Please do not hesitate to talk to us about any concern regarding your player. We do request that these conversations be conducted in private. We won't discuss team issues in front of the players.
- No coach will ever discuss another player with you who is not your son.
- We also ask that you do not approach a coach out of anger. ***Always remember we are here for you and these young men.*** The coaches all want a healthy and productive line of communication. If you are upset, it is always best to walk away and wait 24 hours. After 24 hours, you have had a chance to think through, reach out to us and we can discuss it in a professional, more effective and productive manner.



Strength & Speed Goals

- Increase strength, power, speed, agility, mobility, etc.
- Become familiar with basic movements and start learning more advanced techniques
- Build relationships and team camaraderie
- Set individual goals and find motivation to improve
- Transfer this new strength, power, and knowledge into their football-specific movements and competition setting



Summer Sports PERFORMANCE CAMP

Program Highlights:

- 8-week personalized training plan
- Strength, power, endurance, skill & mindset enhancements
- Tailored for high school athletes to reach elite level
- Professional support

8-Week Progressive Program:

Accessible and Challenging for All

Experienced Coach:

Detailed Instructions and Support

Mobile App:

Clear Guidance on Skills, Drills, and Movements



In-Person Training: Motivating and Inspiring Environment

Virtual Support: Stay Connected through the App

Injury Prevention: Stay Healthy and Compete at Your Best

Program Benefits:

Mobile app with clear instructions
Dynamic in-person training
Consistent virtual support
Emphasized injury prevention

DATES / TIMES

SESSIONS	Days	Start	End
Code Blue Elite HS Session 1	Mon/Wed/Fri	8:00 AM	9:45 AM
Code Blue Elite HS Session 2	Mon/Wed/Fri	10:00 AM	11:45 AM
NextGen Jr High Session 1	Tue/Thu	10:30 AM	12:00 PM
NextGen Jr High Session 2	Tue/Thu	1:30 PM	3:00 PM

Practice Expectations

We Start On Time

- Please plan ahead and be on the practice field **dressed and ready to go 10 minutes early.**
- We will maximize practice time by having a prepared schedule for every practice.
- It is important that everyone be at the field dressed and ready to practice no later than the stated practice time above.

Practice Expectations

Attendance: Football is the ultimate team sport. One of the biggest lessons that football teaches is you succeed or fail on the field as a team.

- Attendance at practice by your player will directly impact both his performance and his enjoyment of the game.
- Please do not take practice obligations lightly.
- Missing practices may result in your son not understanding the game plan and therefore not being prepared to play.
- Social events are not an excuse to miss a team practice.
- Players must properly manage their academic workload and exercise proper time management so that they do not miss practice.
- Missing practice will impact a players playing time. Player safety dictates that an unprepared player cannot and will not play.

Sick or Injured Players

- ❖ What is the plan for sick or aching players?
- ❖ How do they dress to keep team concept?
- ❖ How do we ensure safety and build trust with parents?
- ❖ What is the pre-set plan for missed practices? Can you play in a game if you miss two practices that Week due to injury?
- ❖ Is there an injury log?

Practice Expectations

Coaches, players, school administrators, and league or park officials are the only people allowed on the field during practice.

We request that all parents and spectators stay out of the practice area. Safety of both players and spectators are our priority.

We respectfully ask that you allow the coaches to coach. Parents and spectators should enjoy watching their player and the team. We ask that there is no parental coaching from the stands so that your players are not confused and can hear the coaches from the sideline during practice and games.

PRACTICE SCHEDULE



MEETINGS: 2:50 - 3:05

EQUIPMENT: Full Pads

Practice Plan

	TIME		HYBRID	LB	DB	DL
1	3:15	SPECIALIST (5)	SPECIALIST			
2	3:20	WALK THROUGH (5)	O/D WALK THROUGH			
3	3:30	WARM-UP (5)	WARM-UP			
4	3:35	FIELD GOAL	FIELD GOAL TEAM/ BLOCK TEAM			
5	3:40		TACKLE CIRCUIT			
6	3:45	INDY (10)	BONUS	SSR	HAND FIGHT	SWEAT
7	3:50	TEAM (10)	TEAM/SCOUT SWITCH #1			
8	3:55					
9	4:00	INDY (10)	PASH RUSH	6 KEYS	MOTIONS	KNOCKOFF
10	4:05					
11	4:10	PUNT (10)	PUNT TEAM			
12	4:15					
13	4:20	INDY (10)	LOW HOLE/ DROPS	1 ON 1'S	SHOCK/WRO	NG ARM
14	4:25					
15	4:30	PT/RT (5)	PUNT RETURN TEAM			
16	4:35	TEAM (10)	TEAM/SCOUT SWITCH #2			
17	4:40					
18	4:45	KICKOFF (5)	KICKOFF TEAM			
19	4:50	SKELLY (5)	SKELLY	1 ON 1'S		
20	4:55	K-RT (5)	KICK RETURN (GAMEPLAN)			
21	5:00	FG/BLOCK (5)	FG / FG BLOCK			
22	5:05	TEAM (10)	TEAM/SCOUT SWITCH #3			
23	5:10					



Commitment Pledge

We ask that you commit to the following:

- The essential elements of the “ Do Right Rule” must be adhered to.
- The safety and welfare of the players are of primary importance.
- Sportsmanship and the concept of fair play are essential to the game. They must be taught and developed both at home and on the field during practices and games.
- Derogatory comments made on or off of the field of play by players, coaches or parents are unacceptable.
- All involved with the game must never permit anyone to openly or maliciously criticize, harass or threaten an official.
- The Rules of Football must be respected and adhered to by all who participate, both in the letter and the spirit of the game. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- All players and Parents must realize that they represent their respective schools and their community.
- Our coaches are role models. They must act with integrity.
- Players will adhere to the academic requirements and make academic excellence a top priority.
- Players will actively support each other by cheering for their team/players and never publicly criticizing the play of teammates.



Commitment Pledge

We ask that you commit to the following:

- Parents will respect the game of football, respect the officials and respect the coaches, who give their time for the benefit of the athletes.
- Parents will never criticize any players regardless of the circumstance or team they are on.
- Parents agree to allow the coaches to instruct their child during the game and practices and will not interfere by offering additional instruction during those times. Let player's play and coach's coach, and support them both positively. Parents understand there is not a minimum play rule and are in agreement by allowing the coaching staff to determine players who have earned playing time in all situations.
- Parents will recognize that coaches are willing to discuss their child and/or coaching philosophies, but agree that discussions will only take place at the appropriate time and never during a game or practice in the presence of any players or other parents/guardians.
- Parents will follow the "24 Hour Rule"; if you have a complaint resulting from a game (or practice) situation, speak with the coach on the following day.
- Do What's Right, Not What's Easy!



HOPKINS HIGH SCHOOL FOOTBALL PLAYER'S GUIDELINES

ROYAL PRIDE - with DISCIPLINE

comes

VICTORY

DISCIPLINE YOURSELF ... AND NOBODY ELSE WILL HAVE TO



COACHABILITY

COOPERATION - RESPONSIBILITY

RELIABILITY - ACCOUNTABILITY

THE "DO RIGHT" RULE

IS IN EFFECT 24 hours A DAY - 7 days A WEEK - 365 days A YEAR ... ALL 4 YEARS!

ALL DECISIONS REGARDING THESE PLAYER GUIDELINES ARE MADE AT THE DISCRETION OF THE HEAD FOOTBALL COACH.

The "Do Right" Rule

We will create a culture of accountability and discipline.



The Royal Keys to Success

Play Fast – We will practice and play fast.

Compete – We compete in everything we do. Every drill, every rep and every play.

Be Physical – Be the most physical player and team on the field.

Do It All With:

Purpose – Do everything with a purpose

Passion – Do it with passion

Process – Stick to the process

No Doubt - No Fear - No Hesitation



SportsEngine & Info for Players/Guardians

The screenshot shows the homepage of the Hopkins Football website. At the top, there is a navigation bar with the 'sportsengine' logo and a search bar. Below this is a dark blue header with the 'Hopkins Football' logo and a menu with links for Home, Boosters, Donation & Sponsorship, Hopkins HS Football, Youth Football, Calendar, and Dibs. A secondary navigation bar includes links for HOME, News, Program Overview, Key Dates, and About Us. The main banner features the team's logo and the text 'THE OFFICIAL HOME OF HOPKINS Royals FOOTBALL'. Below the banner, there are three main sections: 'CHECK OUR OUR TEAM STORE ON SQUAD LOCKER!' with a 'Shop now' button and a 10% discount code (MAYFLOWERS10), 'SOCIAL MEDIA FEEDS' with buttons for Facebook, Twitter, and COVID updates, and a 'Varsity Team (2022)' section with a calendar link.

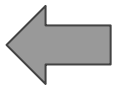
www.hopkinsfb.com

- ONE location for High School Program, Youth Football, and Booster Club
- Features for Varsity Players/Parents
 - Calendar
 - Team Pages
 - DIBS - Volunteering "MySignup"

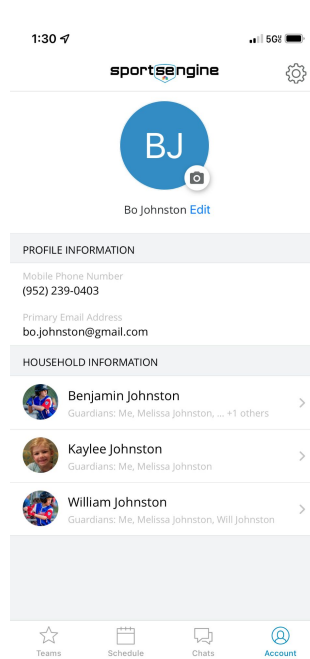
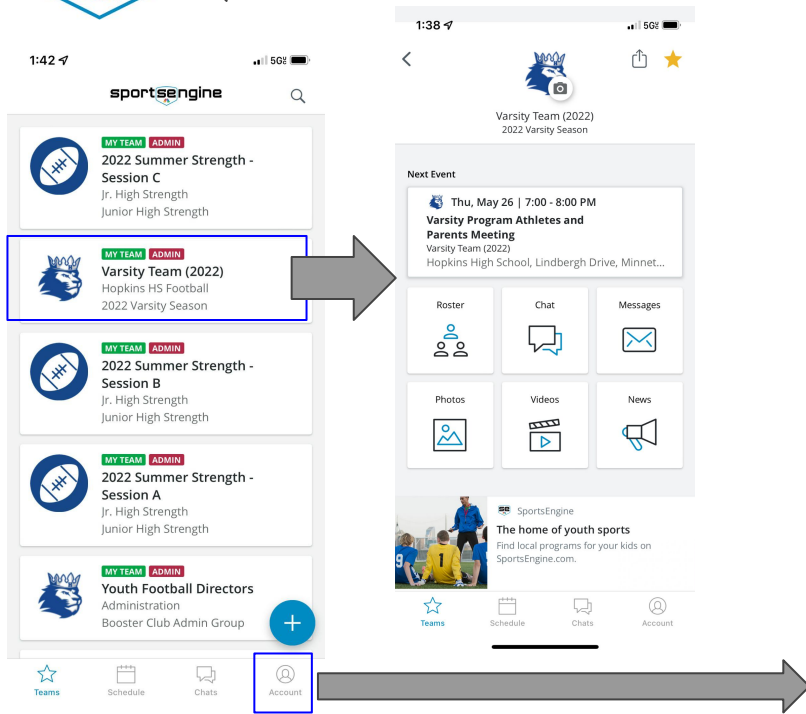
This screenshot shows the 'Varsity Team (2022)' page. It features the team's logo and a navigation menu with links for HOME, ROSTER, PHOTOS, VIDEOS, and POSTS. A 'VARSITY TEAM (2022) CALENDAR' link is prominent. Below the calendar, there is a section for 'Hopkins Youth Sports Combine' with a date and location, and a brief description of the event.



SportsEngine & Info for Players/Guardians



Look for this logo in App Store



SportsEngine App

- Linked to Website Info
 - Calendar
 - Team Roster
- Other Features
 - Schedule Sync for iCal & Google Calendars
 - Team Chats
 - Email Capabilities (to Coaches)
 - Registration/Sign Up Capabilities
- Users - Varsity Players
 - Will need to add Guardians manually



Hopkins Football Booster Club

Our mission is to support Hopkins High School Football Program by involving the families of ALL football players in our various activities, each with the common goal of providing special services and support in order to enhance the overall experience for our players and coaches.

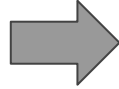
- Support the “Hopkins Football Mission Statement”, which outlines the important life lessons that are learned through the sport of football.
- Strive to involve all football families, Grades 9-12, providing opportunities for all to share in supporting roles.
- Seek dedicated volunteers each year who will provide the direction and leadership necessary to implement and follow through with each activity.
- Prepare annually an outline of “needs” and a supporting budget.
- Strive to obtain 100% Booster Club membership of all Varsity football families, and invite all families of Hopkins’ 9-12 Program and community members to join our Booster Club.
- Assist coaching staff in developing and implementing the necessary fundraising activities to support the Program’s needs.
- At the beginning of the season, host a Kick-off Night event and hold a Parents/Guardians – Coaches get acquainted socially.



Hopkins Football Booster Club

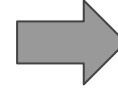
What do we do?

- Fundraising
- Support Varsity Program
- Bridge the gap in funding between school and program needs
- Social Events for Team



Benefits to Program

- Additional Coaching Staff
- Purchase Equipment
- Purchase Capital Items (Jerseys, Helmets, etc.)
- Team Apparel
- Team Building Activities
- Better Technology (Hudl, Video, etc.)



Benefits to Athlete

- Additional Coaching Staff
- Safer Equipment
- Team Dinners
- End of Year Banquet
- College Prep/ACT
- Highlight Reels/Stats for College Recruiting



Hopkins Football Booster Club

How do Athletes Support?

- Participate in Fundraisers
 - Gold Card/RahRah Fundraiser
 - Serve at Pancake Feed
 - Corporate Matches
 - Sponsorship Drive
- Volunteer with Youth Program
 - Help at Youth Events
 - Engage with Youth Athletes
- Support other Sports Programs.
 - “Why would they support us if we don’t support them?”

How do Guardians Support?

- Join Football Booster Club
 - Free Basic Membership
 - In season pre-sales
 - Share Newsletters
- Complete a Volunteer Shift at a Team Event!
- Consider join the Booster Club Board
- Support & Encourage Your Athlete with their fundraising events
- Encourage their hard work and training
- Cheer Loud!

www.hopkinsfb.com/boosters



Hopkins Football Booster Club - Events

Raspberry Parade

- 7/16

Team Dinners

- 8/25 - Fall Camp BBQ
- 8/30 - Team Dinner 1 (Senior Class Hosted)
- 9/7 - Team Dinner 2 (Junior Class Hosted)
- 9/14 - Team Dinner 3 (Sophomore Class Hosted)
- 9/21 - Team Dinner 4 (Freshman Class Hosted)
- 9/28 - Team Dinner 5 (Senior Class Hosted)
- 10/4 - Team Dinner 6 (Junior Class Hosted)
- 10/12 - Team Dinner 7 (Sophomore Class Hosted)
- 10/17 - Team Dinner 8 (Freshman Class Hosted)

End of Season Banquet

- 12/2 - Oakridge Country Club

Fundraising Blitz

- 8/23 - Need Drivers for Younger Athletes

Grade Reps

- Ongoing (serves as point of contact for all parents in your grade with boosters)



Training Opportunities and Camp Information

- ❖ Camp information is sent to coaches via email, text or standard mail.
- ❖ Camps are not paid for by the school.
- ❖ Athletes will be responsible for making arrangements to attend any summer camps that aren't a part of the Hopkins Football Program
- ❖ There will be camps that specific athletes are invited to, and also standard camps that they can go to for recruiting purposes.

Using our COMMUNICATION PLATFORM, all camp information will be sent out via chat and email so that all parents are able to gain access to the camp information.

Recruiting

Grades -This is the most important set in beginning the recruiting process. This vital key, shows all college scouts and coaches how serious you take your school work. It also shows then that you know how to commit to making yourself better and shows a scenes of commitment. It will be important for our coaching staff to monitor the academic success of our student athletes. It will also be the responsibility of the student athlete to maintain the team GPA and make a valiant effort to keep up with grades and assignments. On the following page, **I will provided printouts of NCAA clearinghouse** required test scores with matching GPA.

Research Schools- It is important that student athletes take the time to research the schools of their choice. You want to make the best move possible with picking your school of choice. It is important that you make sure the schools has your major of choice. Over the next 4 years, you want to make sure that you stay on the path of success. It is also important that the athlete is realistic when it comes to the level of play. You want to make sure that you attend a school at the level you can compete. Jumping to a level that is to high can set the athlete up for failure. It will be my responsibility to make sure that this conversation is had and agreed upon.

Recruiting Video- With the use of the internet today, it is not always a requirement to send a hard copy of game film. The use of hudl has become a great tool for recruiting. Hudl allows coaches to see game film at any time. Athletes are allowed to create a highlight/recruiting package to send off to schools. I will help any athlete make one of these videos, show the team how through their hudl access and send them off to the schools of their choice. After the send off of the recruiting video, it is advised to fill out any questionnaire that will also get their name on the recruiting radar. It is strongly encouraged to attend any camps possible to showcase your talent if you are not on the radar of the university of your choosing.



Social Media

THE IDEAL SOCIAL MEDIA PROFILE FOR HS ATHLETES

USE YOUR REAL NAME

MAKE SURE YOU'RE ABLE TO RECIEVE DIRECT MESSAGES

PROFILE PIC OF YOU IN YOUR UNIFORM

HAVE LINK TO YOUR HUDL

PROFESSIONAL HANDLE

HAVE CURRENT TOWN AS YOUR LOCATION

FOLLOW COACHES AND TEAMS

George Wright
@_George_Wright

Highland Park '22 | OLB/SS | Midfield | 6'4" 200 lbs | 4.55 40 | 4.36 GPA

📍 Dallas, TX 🌐 hudl.com/profile/838567...

📅 Joined September 2020

173 Following 196 Followers

IMPORTANT

WHEN YOU "LIKE" SOMETHING, YOU'RE TELLING THE WORLD YOU ENDORSE THAT. WHICH COLLEGES AND COACHES CAN SEE. BE CAREFUL WHAT YOU LIKE

BIO SHOULD HAVE

- HIGH SCHOOL (SPELL IT OUT)
- GPA (ACT/SAT SCORES ALSO GOOD)
- C/O (CLASS OF) 2022, 2023, ETC.
- YOUR POSITION
- OTHER SPORTS AND ORGANIZATIONS
- HEIGHT /WEIGHT
- LIMIT USE OF EMOJIS IN BIO
- RANKINGS FROM 247, RIVALS, ESPN, ETC.

FOOTBALL SCHEDULE 2023

Thursday, August 31st @ 7pm

SHAKOPEE VS HOPKINS

Friday, September 8th @ 7pm

HOPKINS @ BUFFALO

Friday, September 15th @ 7pm

HOPKINS @ EASTVIEW

Friday, September 22nd @ 7pm

BURNSVILLE VS HOPKINS

Friday, September 29th @ 7pm

HOPKINS @ PARK COTTAGE GROVE

Thursday, October 5th @ 7pm

ROSEVILLE VS HOPKINS

Friday, October 13th @ 7pm * HOMECOMING

WAYZATA VS HOPKINS

Wednesday, October 18th @ 7pm

HOPKINS @ EDINA



P. R. Y. M. E.



Made with PosterMyWall.com

** Parents who want to volunteer for game day help, please contact Coach Tolly.

Equipment Handout and Turn In

- ❖ **9-12 Equipment issue Date is Monday, June 12th (locker and helmets only) report before passing league - June 19th.**
- ❖ **How it affects the program when things aren't turned in.**
- ❖ **Taking away from other programs (fundraising).**
- ❖ **Responsibility for turn in after games.**
- ❖ **Consequences of not turning in equipment or jerseys going forward.**
- ❖ **New issue system that we will have.**

ALL DATES INVOLVE 9TH - 12TH
UNLESS SPECIFIED

Dates



Varsity & JV Program

Varsity Head Coach – Coach Tolly - trevor.tolly@hopkinsschools.org / 612-402-0359

FOOTBALL SCHEDULE 2023

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SHAKOPEE VS HOPKINS

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HOPKINS @ PARK COTTAGE GROVE

Thursday, October 5th @ 7pm
ROSEVILLE VS HOPKINS

Friday, October 13th @ 7pm * HOME COMING
WAYZATA VS HOPKINS

Wednesday, October 18th @ 7pm
HOPKINS @ EDINA

P. R. Y. M. E.

Important Summer Dates

Summer Strength & Conditioning

- June 11-August 11 – M/W/F
- Rest Week – 4th of July Week

Varsity Mini-Camps

- June 19 to June 23 – 6-8 p.m. – HHS
- July 24 to July 28 – 6-8 p.m. – HHS

Youth Camp (Volunteers Required)

- June 26 to 28 – 6-8 pm - HHS

Varsity & JV - 7 on 7

- Mondays @ Osseo- June 12, 19, 26, July 10, 17, 24
- Thursdays @ BSM – July 13, 20, 27

Raspberry Parade

- Sunday July 16 – 11 am – 2 pm

Closing Remarks

Thank You!



Links

Player SportsEngine Link



Parents Booster Link

