



EDITION 1  
ISSUE 10  
NOVEMBER 16  
2018

## INSIDE THE HUDDLE

### WITH COACH CURRIER



Last Saturday, the Golden Bears brought an enormous amount of energy which was demonstrated in one of their best performances of the season. Our men arrived focused and full of confidence, which translated into a win against the SMSU Mustangs (16-10). The game was highlighted by seven sacks and four 4th down stops by the defense, and zero turnovers by the offense. Additionally, the special teams' units had 3 field goals, quality punting, great coverage of punts, and a rejuvenated kickoff return game. This win evened up our season record to 5-5.

Our final game this season will be at Winona State (7-3), this Saturday. We have an opportunity to end the year with a record above .500, which hasn't been done since 2011. The Warriors have been a consistent power in the NSIC, however, I feel that our team's chemistry and energy will show in their performance at this weekend's game.

### **R.E.D (RELENTLESS - ENTHUSIASM - DESIRE)**

A key pillar of CSP football is the acronym R.E.D (Relentless, Enthusiasm & Desire). These qualities are a combination of one's mindset and personality traits, which ultimately impact the decisions people make. Student-athletes that demonstrate this mentality are rare because these characteristics are difficult to demonstrate. We talk to our team about being a 6 second player, meaning that a football play can last 6 seconds. Relentless players exert everything they have (all effort, intensity, & speed) for that duration. Players and coaches that bring enthusiasm can reform a dull practice into an exciting and intense practice. Finally, players that demonstrate great desire, put the most time into their preparation (i.e. extra time after practice, more video study, additional meetings). Exercising these characteristics will allow us to showcase our best performance.



*"The secret of living a life of excellence is merely a matter of thinking thoughts of excellence. Really, it's a matter of programming our minds with the kind of information that will set us free."*

*~Charles R. Swindoll*

### **RELENTLESS**

Overall being relentless is a state of mind that gives you the strength to achieve, survive, and overcome. Relentless players are competitive, ambitious and do not accept failure. The word relentless is often used in sports to describe some of the most intense competitors. Michael Jordan was known to be one of the most

relentless competitors ever. His trainer, Tim Grover, wrote a book *“Relentless; From Good to Great to Unstoppable”* that compared some of his most relentless, professional athletes (i.e. Jordan, Kobe Bryant, Dwayne Wade) to other professional athletes that he trained. He explained that the very best “fight until they are unstoppable.” This is the way we expect and want our players to play. We have shown our team videos of Michael Jordan, Kobe Bryant, and Tim Tebow practicing and competing which helps viewers realize what being a relentless competitor looks like. Their mental dominance is obvious to any viewer. We want all of our student-athletes to relentlessly pursue their goals, on and off the field.

*“Being relentless means demanding more of yourself than anyone else could ever demand of you, knowing that every time you stop, you can still do more. You must do more.”*

*~ Tim Grover*

## ENTHUSIASM

Enthusiasm is the energy, passion, inspiration, and excitement found in people when they possess a conscious or unconscious desire for something. Players that are enthusiastic bring optimism and excitement to the field and program. Enthusiasm fuels achievement and brings joy to what you are doing.

We want enthusiastic players because they are excited, engaged and bring energy to the team. They breathe life into our practices, workouts, games and our program. Their energy is addicting and spreads to many others on the team like wildfire. More energy brings higher production and creates the culture that we want, enthusiasm has to be a mainstay.

*“You can do anything if you have enthusiasm ... Enthusiasm is the spark in your eye, the swing in your gait, the grip of your hand, the irresistible surge of your will, and your energy to execute your ideas. Enthusiasm is at the bottom of all progress. With it, there is accomplishment. Without it, there are only alibis.” - Henry Ford*

## DESIRE

Desire is the inner drive that one carries within. Desire is the starting point of all achievement, and people who are fueled with desire are willing to take action and make sacrifices to be the best. When you have desire, obstacles disappear, adversity ceases to matter and naysayers become silent. Highly successful players have an unwavering drive, a ferocious passion, “fire in the belly,” and an incredible desire. This is a quality that we want to help our student-athletes put into action. As we help them set goals, identify their purpose “their why,” they will be inspired to be their best!



*“Champions aren’t made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.” ‘Muhammed Ali*

**BE R.E.D!**

Coach C



# PLAYER SPOTLIGHT

## EMANUEL JONES



Senior running back (RB), Emanuel Jones is from Mundelein, Illinois where he played at Mundelein High School and was named Chicago area's most valuable player. He was an All-State Honorable Mention Performer '13 and signed with Northwest Missouri State out of high school. In 2014, Emanuel was redshirted and did not play, but in 2015, he played in eight games assisting in an undefeated Division II championship. In 2016, Emanuel rushed for 627 yards with 11 touchdowns helping the Bearcats win back-to-back NCAA Division II championships.

Today, he is majoring at CSP in Occupational Therapy/Exercise Science. He hopes to work with amputees and those with spinal cord injuries. He stated that "I feel getting out of bed, walking, and running are things that are easily taken for granted and I could be a huge blessing to help others gain or regain those abilities." Additionally, his goal is to further his career in professional football.

The most influential person in Emanuel's life is his mother. For him, she is a true symbol of overcoming adversity, is a true believer, and role model. When Emanuel is not studying or playing football he enjoys music, fishing, and spending time with his friends and family.

**Fun Fact about Emanuel:** Will Smith is his favorite actor.

# WHERE IS HE NOW?

## ERIC RATHKE



Former Comet and Golden Bear, Eric Rathke, played for CSP from 1993-1997. On the gridiron Rathke was a 4 year starter at Defensive Back. There were plenty of memories that he had while playing at CSP, but the one thing he remembers most was the friendships that were created while playing here and those relationships have lasted for over 20 years.

While playing at CSP Rathke learned that no matter how good you think you are, you cannot achieve greatness on your own. It takes a team effort with common goals to achieve what you really want. Eric is currently a Senior Program Director for Minnesota Youth Athletic Services in Fridley, MN and owner of CrossFit Rigor in Blaine, MN. Eric is married to Erin (1997 CSP Graduate and basketball player) who is a principal for Minneapolis Public Schools and they have 2 children, Maddox (12) and Jade (8) who both have the same passion for sports as their parents.



# PLAYERS OF THE WEEK - CSP VS. AUGUSTANA



**OFFENSIVE PLAYER OF THE GAME**  
**MJ WILLIAMS- JR.**  
**WR #6**



**HOG OF THE GAME**  
**ETHAN AUNE - JR.**  
**OLM #72**



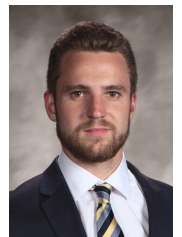
**DEFENSIVE PLAYER OF THE GAME**  
**CHRIS GARRETT - SO.**  
**DE #52**



**DEFENSIVE LINE PLAYER OF THE GAME**  
**CHRIS GARRETT-SO.**  
**DE #52**



**DEFENSIVE SCOUT PLAYER OF THE WEEK**  
**BRYAN JENKINS - FR.**  
**DLM #93**



**SPECIAL TEAMS PLAYER OF THE GAME**  
**JONAS SCHENDERLEIN -SR.**  
**K #8**



**SPECIAL TEAMS SCOUT PLAYER OF THE WEEK**  
**DAKOTA BIEFELD-FR. LB**  
**LB #59**



**OFFENSIVE SCOUT PLAYER OF THE WEEK**  
**ABE SCHWARTZ - FR.**  
**QB #13**



**LIFTER OF THE WEEK**  
**MARK O'REILLY- FR.**  
**DE #90**

# GAME CAPTAINS - CSP VS. WSV



**CHRIS GARRETT**  
DE # 52



**RICH KELLY - JR.**  
OLM #70



**JACKSON DOBBS- JR.**  
DE #98



**MJ WILLIAMS- JR.**  
WR #6

## EXTRA POINTS

### VOLUNTEER OPPORTUNITY- PACKERS VS. VIKINGS

To raise money to improve our program, our team (parents, alumni and supporters) can work security at US Bank Stadium during some of their major events. For each person that works an event, our program earns \$100.00. Sunday, Nov. 25th will be the next opportunity as the Vikings host the Green Bay Packers at 7:25 PM. We will be required to be there by 4:00 PM and our shift will be complete at game's end. If you can help us, please email Coach Mike Bond [bond@csp.edu](mailto:bond@csp.edu).

## 2018 GAME SCHEDULE

8-30	7 pm	at	Sioux Falls	L (27-24)	10-13	2 pm	at	U-Mary	W (17-7)
9-8	12pm	vs	Upper Iowa	W (34-7)	10-20	12pm	vs	MN Crookston	W (21-13)
9-15	1pm	at	Minnesota State	L (46-7)	10-27	12pm	vs	Augustana	L (52-24)
9-20	6pm	vs	Wayne State	W (29-7)	11-3	1pm	at	SMSU	W (16-10)
9-29	1pm	at	MN Duluth	L (32-3)	11-10	1pm	at	Winona	
10-6	12pm	vs	Northern State	L (35-28)					

### TOUCHDOWN CLUB UPDATE

WEEK 1 - 3 TD'S    WEEK 2 - 4 TD'S    WEEK 3 - 2 TD'S  
 WEEK 4 - 3 TD'S    WEEK 5 - 0 TD'S    WEEK 6 - 4 TD'S  
 WEEK 7 - 2 TD'S    WEEK 8 - 3 TD'S    WEEK 9 - 3 TD'S  
 WEEK 10 - 1 TD

