

INSIDE THE HUDDLE

WITH COACH CURRIER



For all new parents, alumni and followers of CSP Football, welcome to the CSP Football family! Returning parents, alumni and supporters, welcome back! I hope you are excited as I am about the upcoming 2019 football season! Each week CSP Football Weekly shares highlights and inside information about Golden Bear Football.

FALL CAMP/CAMP RIPLEY

The 2019 season officially opened on Sunday, August 11th. The first day of camp was occupied with players moving into dorm rooms, obtaining equipment and various meetings. The first night included a team motivational training session led by Rick

Rassier. Rick works with over 250 teams a year and utilizes unique and fun activities that grabbed our players attention, allowing him to address many key concepts critical to high performance and team building.

Day two of camp included a packed schedule of meetings, practice, team pictures, compliance meetings and loading our Uhaul for the annual trip to Camp Ripley. Camp Ripley, located near Little Falls, Minnesota, is a 53,000-acre regional training center hosting numerous ranges and state-of-the-art facilities to support the training requirements of military and civilian agencies.

The trip to Camp Ripley is instrumental in helping us come together as a football family. All players stay in the same building, with about 23 players to a barrack (8 barracks make up a building). Camp Ripley includes football practice, position meetings, and team building activities. Usually former players remember and appreciate the off-campus retreats after they leave our program. However, this year's team seemed to appreciate the benefits of this experience immediately.

The obstacle course and leadership course are two team building opportunities that were available for our team. GySgt Ferguson, a marine drill sergeant, put our young men through the obstacle course, a gruesome workout the first morning on base. The obstacle course combined with other difficult exercises is an effective way for our players to improve



mental toughness, urgency, discipline and teamwork.

Camp Ripley concluded on Friday, August 16th, while executing our 1st full padded practice at Brainerd High School. Following practice we took the entire team to Cragun's Resort on Gull Lake for some fun in the water. The young men, went swimming, boating, tubing and relaxed in the sun!

Looking forward to a great season!

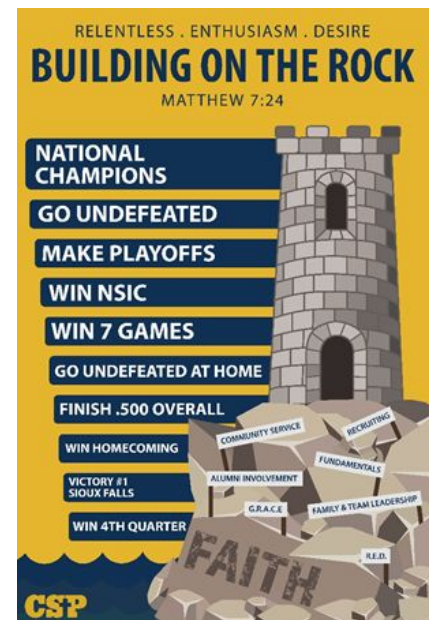
Coach C



BUILDING ON THE ROCK

The CSP Football Programs foundation incorporates Christian beliefs that all attributes are rooted. Matthew 7:24 states that the wise build their life on the rock (Christ) so when life's storms come our way, we are grounded and capable of withstanding those trials. Likewise, as we continue to build our program on solid principles, we will also be able to withstand the various trials and tribulations that come our way. *Building on the Rock* also focuses on seven attributes of what I believe are critical to growing and maintaining a successful college football program. G.R.A.C.E, Recruiting, Family and Leadership Involvement, Alumni Involvement, Community Service, R.E.D and It's All About the Ball.

For each one of these pillars, our staff has researched, created a business plan, and determined clear goals and action plans to ensure that we are the best at these 7 objectives. Each week in our staff meetings, we evaluate these 7 initiatives and ensure that we are constantly addressing them; many are addressed daily. I believe as we continue to improve in these areas, we will be running one of the best college programs in the country.



G.R.A.C.E (Graduation, Retention, Academics, Career Enhancement)

We aim to graduate each and every student athlete and assist them in obtaining a job in their field of study. Our expectation is that all players attend EVERY class. Last year we incorporated Team Sync,ed which is a digital platform that allows us to share messages, files, scheduling and most importantly, we can see our players check in and out of class. There are two study tables per week (Tuesday and Thursday from 8:00 –

10:00 PM) for our players that have less than a 3.0 GPA. All freshmen and transfers are part of the study table until they demonstrate academic success at CSP. We continue to bring resources into our program to help our men with resumes, interviewing experience, advice, job opportunities, etc. Our team GPA started at 2.53 in the spring of 2016 and went over the 3.0 mark this past spring.

R.E.D (Relentless, Enthusiasm, Desire)

R.E.D is the way we do our business. We want our young men to be relentless in all they do – pursue their academics, train, pursue a job and play in a game; with a tremendous amount of relentlessness! A player or coach without enthusiasm is like fire without a wind. Finally, if there is a will, there's a way! The most important qualification in becoming a champion is an intense burning desire.

“Good work is never done in cold blood; heat and fire is needed to forge anything solid. Every great achievement is the story of a flaming heart.” Harry Truman

RECRUITING

Recruiting is the bloodline of our program. The greatest resource of any organization are its people. As we scout and recruit talent, we focus on young men who want to be great! It is imperative that we recruit motivated and talented student-athletes that will enhance our culture. Our first priority is to recruit the 4 state area (Minnesota, Wisconsin, Illinois and Iowa). Those states are divided up into 8-9 recruiting areas and then each coach is responsible for recruiting all the high schools in his area.

In addition to the four state area, coaches have built relationships in other states (i.e. Florida, California) which provides more prospects for us to consider. In addition to recruiting services that we utilize to gain prospective student-athletes, our coaches contact each high school coach in their respective areas to ensure we are aware of every possible prospect and to learn about the characteristics of these prospects.. The next step is to evaluate their transcripts, and watch their highlight video to determine if they are someone that we want to pursue. We create a recruiting board for each position, with the highest evaluated student-athletes at the top. We then work hard to build rapport, follow them on social media and bring them to campus for visits.

*“The ability to recruit outstanding athletes is the single most important phase of a college football program.”
LaVell Edwards, Brigham Young University*

FAMILY AND LEADERSHIP DEVELOPMENT

John Wooden, the legendary UCLA basketball coach, often said, “There are three things vital to success in athletics: conditioning, fundamentals, and working together as a team. Of these three elements, working together as a team often proves to be the most elusive goal.” Strong team chemistry produces the family atmosphere that we are growing.

There are many ways to describe this special chemistry (i.e. “For the strength of the Pack is the Wolf and the strength of the Wolf is the Pack.”) We have to get members of this team who are driven by the quest for individual glory to give themselves over wholeheartedly to the group effort. For a team to accomplish the above objective, we continuously strive to develop great leadership. Great leaders protect their people, encourage connection, collaborate, and nurture a safe environment of trust, respect and family.

We have implemented a Leadership Council to teach viable skills to a select group of team members. The

program emphasizes servant leadership and is essentially the glue of the team. I meet with the Leadership Council weekly. During these meetings, they are empowered to provide feedback, help make decisions and essentially, assist in influencing our team. They each oversee other players on the team, providing encouragement, exchanging communication, and sharing key leadership concepts. Furthermore, each coach mentors 2 of these young men, meeting with them individually on a weekly basis. This group is critical to the development of our winning culture.

2019 Leadership Council

Dylan Woods	DL	SR.	Lorenzo Kendricks	DB	JR
Chris Garrett	DL	JR.	Jake Portz	LB	SO
Rich Kelly	OL	SR.	Matt Montgomery	OL	RFR
Desmond Bassett	DB	SO	Gabe Steed	WR	SR.
Maxon Hutton	QB	SR.	Abe Schwartz	QB	RFR.
John Damrow	TE	SR.	Dalton Smerchek	LB	JR

ALUMNI INVOLVEMENT

It is imperative that former players are connected to our current players. CSP football is one big family – supporting one another. If we build a culture where alumni stay involved and support current players, the current players will continue to stay connected after their playing days are complete. Last year we initiated an Alumni Mentor program, where we had 16 former players mentoring 16 of our current players. Kyle Verley, a former player who played in the early 2000's, is now leading this program. He has helped it grow to 36 alums that are committed to mentoring 36 young men this year, connecting former players to our present players.

COMMUNITY SERVICE

We refer to this area of our program as GB² (GB Squared - Golden Bears Give Back). Our goal is to educate our student-athletes to be servant-driven.

Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. Isaiah 58:10

COMMUNITY SERVICE PARTICIPATION EVENTS

- Bridging
- Feed My Starving Children
- National Eating Disorders Association
- Happy Tails Rescue
- Special Olympics Polar Plunge-Thomas Beach, Lake Calhoun
- Minnesota Life College
- ACR Homes Spring Dance
- Special Olympics Spring Games
- ACES (Athletes Committed to Educating Students)
- 360 Communities 8th Annual Sexual Assault Awareness Walk
- Twin Cities Heart Walk
- St. Paul Parks & Recreation Clean Up Day

“IT’S ALL ABOUT THE BALL”

In order to win football games, we must control the football. Our offensive players must do everything in their power to protect the football at all times - including the running backs, wide receivers, tight ends, and the decision maker, the quarterback. Even the offensive line must have an undying commitment to protect the

ball at all times. On defense, our sole objective is to get the ball. Every defensive call we make, every technique, every assignment and everything we do is designed to position our players to attack and get the ball from our opponents.

We have incorporated "Turnover Wednesdays" which means that the entire practice is dedicated to taking care of the ball for the offense and going after the football for the defense. If the defense gets even one turnover from the offense during practice, the defense wins that day. If the offense secures the ball all day, with no interceptions and no fumbles lost, then they win that day. It has become a fierce competition all the way up to the final play in practice. The losing team has consequences for losing - a good amount of extra running. The more at stake, the more important the ball becomes.

CSP FOOTBALL ALUMNI- WHERE IS HE NOW?

TRAVIS JOHANSEN



Travis Johansen played linebacker and safety for the Golden Bears from 2002 to 2005. Travis was a team captain in 2003 and was a 4 year starter for the Golden Bears. Conference Champion in 2005, All-NSIC Safety in 2004, and All-NSIC linebacker in 2005. Travis was a part of every conference championship and each of the postseason games in CSP Division II History. Travis's favorite memory at Concordia St Paul was coaching on the 2010 football team that beat Mankato on the road to gain a Mineral Water Bowl Birth. Travis described them as a team of tough, selfless, competitive players, who took a 3-8 season in 2009 and flipped it in 2010.

His experience in football has given him the ability to realize how important the relationships you build relate to the overall success of your football team. The teams who genuinely care about each other, are the ones that separate themselves with the willingness to push past their individual limits for their brothers. A message Travis would like to pass onto current players is don't be a "player" be a "teammate".

Travis is currently the Defensive Coordinator at the University of South Dakota. Prior to the 2019 football season. He was even featured in a Sports Illustrated article, "The Search to Save NFL Defenses," this past November. Travis is married to Natalie and has two daughters, Laila (2) and Layne (3 months).



EXTRA POINTS

THE LOCKER PROJECT

Calling all Concordia Football Alumni!

Are you interested in dedicating a locker in your name? For a donation of \$1500 (\$500 per year for three years), CSP will include your name, number, position and years played at Concordia on an engraved nameplate that will be displayed on your dedicated locker.

If you are interested in supporting our program and the Locker Project, please contact Coach Currier - scurrier@csp.edu.

2019 GAME SCHEDULE

9-5 6 pm vs Sioux Falls

9-14 6pm at Upper Iowa

9-21 12pm vs Minnesota State

9-28 6pm at Wayne State

10-5 1pm at St. Cloud State

10-12 12pm vs MSU Moorhead

10-19 3 pm at Minot State

10-26 12pm vs Bemidji State

11-2 1pm at Augustana

11-9 12pm vs SMSU

11-16 1pm vs Winona



CSP

#BEGOLDEN