



EDITION 2  
ISSUE 2

AUGUST 30  
2019

## INSIDE THE HUDDLE

### WITH COACH CURRIER



One of the most important roles that I have as the head football coach is to recruit, hire and retain a quality coaching staff. Like the old adage illustrates, “it takes a village to raise a child,” it also takes a quality football coaching staff to influence the young men that comprise our program. I have been blessed to have attracted high character coaches, along with much needed continuity within the staff.

Our football coaching staff consists of 14 people. There are coaches who are full time employees at CSP, coaches who teach at local high schools and coach football at CSP, and some young men that are just beginning their careers as graduate assistants and student assistants. Values that I believe are critical when selecting staff members or team members include: being humble, having excellent interpersonal skills and

having a strong desire to be great.

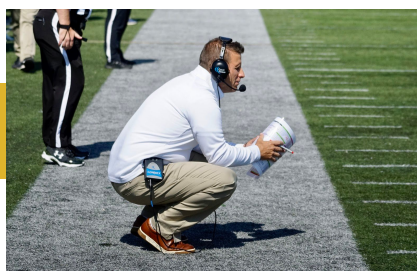
Continuity is very beneficial for program development, yet the staff has experienced a few losses from last year. We return 9 assistant coaches from last year’s staff. Two coaches advanced their career and accepted NCAA Division I coaching opportunities. Additionally, we also lost a mainstay and one of the best mentors the program has ever had in Coach Russell Gary as he suffered a heart attack last spring. Through this change, we welcome additions to our staff, as new coaches bring different ideas, perspectives and processes that enhance the program.

Through fall camp I have noticed an unselfish attitude amongst the coaches and all coaches have been willing to take on any role that will benefit our program. We are holding our young men more accountable and the bar has been set higher than in the past.

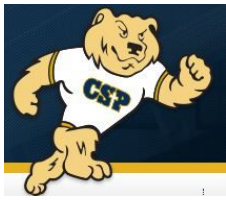
We are extremely fortunate to have such a wonderful group of men leading our players. In addition, I am thankful for the support from their families. Coaching college football is not a 9-5 job. As of today, we have gone 18 straight days, working at least 15 hours per day. With that schedule, it puts a lot of stress on wives, significant others and families. I cannot thank each of these gentlemen enough for the long hours, personal sacrifices, and hard work that they put into our program every day.

**Go Bears!**

*Coach C*



#BEGOLDEN



# DEFENSIVE COACHING STAFF

## CRAIG STERN- DEFENSIVE COORDINATOR`



Coach Stern and I grew up together in the small town of Cosmos, MN. We were 2 of the 18 students in our graduating class. While I was the head coach at CSP during 1999-2003, Craig was the Defensive Coordinator. Together, we grew the program to its first NCAA conference championship. He has extensive experience coordinating defenses (20 years) which makes him one of the top DII coordinators in the NSIC.

This will be Coach Stern's third year leading the Golden Bear defense. Under his watch, the defense has improved immensely. Comparing statistics from 2017 to 2018 in key defensive categories, the defense went from 146th in the country to 80th in 2018. The rush defense went from 155th to 45th, and defensive sacks moved from 76th to 11th. The 4th down defense also vastly improved from 105th to 6th nationally. We also return 9 starters to the defense.

Loyalty on a college coaching staff is critical, and Coach Stern defines loyalty. When asked about what he enjoys outside of football, Coach Stern sarcastically laughs. He knows and has experienced the intense time commitment. He appreciates spending time with his family and recreation on or near the water.



**Fun Fact about Coach Stern:** He is a big Louis L'Amour fan and has most of his published books.

## JAKE MUNKWITZ- LINEBACKER COACH/RECRUITING/SPECIAL TEAMS COORD.



This will be Coach Munkwitz's third season as full time coach and fourth season on the Golden Bear staff. Jake does a tremendous job coordinating our special teams units as we have produced some game changing plays in the past two years. Look for more big plays in 2019!

Jake is a tremendous recruiter and builds relationships with everyone very well. As the Recruiting Coordinator, he is responsible for a substantial amount of paperwork to ensure we comply with NCAA rules and is instrumental in organizing our recruiting plan. He's an outstanding young coach with a great future!

Coach Munkwitz enjoys golfing, hunting and fishing, and spending time with his family and fiance Whitney.



**Fun Fact about Coach Munkwitz:** Jake, his father, aunt, and sister were all student athletes at Concordia.

## MIKE BOND - DEFENSIVE BACK COACH



Mike Bond is in his second season as he came to the Concordia football coaching staff in 2018. He coaches the corners on the field, but also brings considerable value as the leadership and team building coordinator and mental health and wellness coordinator for the program.

Mike's ability to counsel our players that struggle with mental health issues has been extremely valuable. Because of his ability to relate to people, he is able to build strong relationships with student-athletes and prospective student-athletes alike.

Mike Bond played college football at UW Stout prior to working for former CSP Hall of Famer, Joe LaBudda, who was one of the most successful high school football coaches in the country.



**Fun Fact about Coach Bond:** Huge Packer Fan. First Packer game attended was Packers – Vikings game at Lambeau Field, December 30, 2001 (Packers won 24-13).

## KERRY GRIGSBY- DEFENSIVE LINE GRADUATE ASSISTANT



Kerry Grigsby came to CSP from Concordia-Nebraska, where our next president, Dr. Brian Friedrich is from. Coach Grigsby enters his second year as the defensive graduate assistant and did a stellar job in year one. He teams up with Coach Lerfald to coach the defensive line. However, Coach Grigsby's value doesn't end there. He leads many of the defensive line position meetings, oversees our accountability program, our team competition program, equipment room and does a great job recruiting student-athletes. His passion and desire to be great are superb!

As a graduate assistant, he is seeking his Masters degree in Exercise Science. In his spare time, he enjoys talking with his family back home, going out with friends, and getting to know St Paul a little better.



**Fun fact about Coach Grigsby:** When time allows, he likes watching cartoons. His favorite is Fairly Odd Parents.

## JUSTIN LERFALD- DEFENSIVE LINE COACH



Justin Lerfald is serving in his second year on the Golden Bear staff. Prior to coming to CSP, he was the Defensive Coordinator at St. Olaf College. He has been a phenomenal addition to the staff as he has created a winning culture within his position unit. The defensive line is arguably the hardest working groups within the team and demonstrate our R.E.D. mentality.



In his short time on staff, he has guided the unit to vast improvements and is excited about leading a unit that not only returns all contributors from 2018, it had added a couple redshirt freshman to the much improved unit.

Coach Lerfald enjoys spending time with my family (son Brody & daughter Avery) while trying to manage time for their social and athletic calendars. He also is committed to volunteering in his community and loves to fish.

**Fun Fact about Coach Lerfald:** He was an Art Education major in college, sang in a quartet, and married his high school sweetheart, Heather.



## PETE BISSON - SCOUT DEFENSE COACH



Peter Bisson is excited to be back on the Golden Bear sidelines after previously coaching the Tight Ends in 2015. In addition to his offensive assistant coaching duties for CSP, Coach Bisson is an adjunct faculty member in the department of Kinesiology, focusing on educating students in Sport and Health Psychology. Coach Bisson is a former player and graduate of Grand Valley State University, the winningest football program in Division II history.

Coach Bisson is overseeing our defensive “look” team, the team that prepares our offense each week. He also is responsible for all special team “look” teams (i.e. punt team, punt return team, kick-off team, kick return team), ensuring that our special team units see exactly what we will be facing each Saturday. Peter’s unselfish attitude has made him a fantastic addition to our program as he has stepped in to help in many ways.

Coach Bisson currently resides in Vадnais Heights with his loving wife, Teresa, and their devoted turtle, Swift. He is incredibly grateful for the journey God is taking them on together.

**Fun Fact about Coach Bisson:** If you watch carefully you might just see his face flash across your TV screen. He has worked in the film industry for over 20 years as a professional actor, writer and stuntman.







# OFFENSIVE COACHING STAFF

## JON MEDLO- OFFENSIVE LINE COACH



Jon Medlo is a graduate of CSP with a degree in Kinesiology. While attending college Jon played baseball and football for Concordia. Coach Medlo has the ability to build phenomenal relationships with his players during the recruiting process and maintain these relationships throughout their time at Concordia.

He has helped build a winning culture within the offensive line. In 2016, he started with 4 offensive linemen and has grown the position group to 20 players. His unit on the field has also made many improvements as our team went from the bottom of the NSIC in 2017 to top 5 in rushing yards last season. We had multiple games of over 200 yards rushing and averaged a solid 4.2 yards per rush. This year we have increased our goal to average 4.5 yards per rush as that will position us to be one of the top rushing teams in the NSIC.



Coach Medlo enjoys hanging out with his family and watching his daughter play hockey and softball.

**Fun Fact about Coach Medlo:** He is a superhero movie buff. For the past ten years, he and his daughter has been to every superhero movie the first night it is released.

## OLLIE TAYLOR- PASS GAME COORDINATOR / QUARTERBACK COACH



Coach Taylor is the only newcomer to the full time staff and replaces Houston Jones who went to Northern IL last spring. Coach Taylor has experience working with quarterbacks and wide receivers and has been a part of some very prolific offense attacks. His maturity, coaching experience and his determination to be great is admirable.

Ollie has done an outstanding job of organizing our offense and has brought fresh ideas and concepts to our attack. Like the best coaches, Coach Taylor is able to relate to all players while holding them to a high standard. Because of his outgoing personality and team first mentality, he has been an outstanding fit to our staff and culture.

He was a quarterback and wide receiver at Delaware State where he earned a bachelor of science in management with minors in finance & banking, marketing and economics. Outside of football Coach Taylor enjoys traveling, spending time with his family (especially his girlfriend Candace Griffin) and playing chess.



**Fun Fact About Coach Taylor:** He can juggle and solve a rubix cube, however not at the same time yet.

## REED JOHNSON- **TIGHT-END COACH**



Reed Johnson is a graduate of CSP with a Masters in Physical Education. While attending college at CSP, he was named “Physical Education Major of the Year” twice, which illustrates his hard work and dedication to our school and program. Coach Johnson also completed his masters degree at CSP while serving as our offensive graduate assistant a year ago. Reed’s work ethic, loyalty to the program and willingness to do anything to better the program is exceptional!

In the spring of 2019, Johnson was able to add international coaching to his background, winning Czech Bowl XXVI with the Prague Lions. He has gained the confidence of others and has become a valuable resource to our program.

When Reed is not coaching football, he loves hanging out with friends, grabbing breakfast on the weekends, and watching the Vikings (SKOL) .

**Fun Fact about Coach Johnson:** He loves Marvel movies.



## JIM HONSA- **RUNNING BACK COACH**



Jim Honsa enters his second year on the Golden Bear staff. He coaches the running backs, a group of talented and quality young men. Coach Honsa played collegiate football and graduated from Hamline University. Even though his full time employment is teaching at North St. Paul High School, he dedicates an abundant amount of time to Golden Bear Football.

In addition to coaching the running backs, Honsa oversees our Staff & Faculty Appreciation Day and upcoming St. Paul Day, which we will celebrate on our opener next Thursday night.

He has developed community ties on campus and in St. Paul which are beneficial.

Jim is committed to the development of the young men in our program. He brings 30 years of coaching experience and his continued success as a father and husband impact our players and program in a positive manner.

**Fun Fact about Coach Honsa:** He loves camping with his family.



## EJ SHELBY - **WIDE RECEIVER COACH**



EJ Shelby rejoins the CSP football coaching staff in 2019 and will be coaching the wide receivers. He previously was as a student assistant when I arrived in the spring of 2016. He impressed me immediately with his passion for recruiting. In fact because he was doing a great job recruiting, I took him with me to a Florida recruiting trip where we found a few student-athletes that committed to CSP.

EJ finished his undergraduate degree, gained coaching experience as a full time coach and has learned more football. He is a great fit for our staff and is holding our receivers to a standard of excellence. He has an experienced and talented group of receivers in his unit this fall.

A native of Alabama, Shelby currently resides in Dayton, Minnesota with his wife, Erin and their four children: Alayna, Braylen, Blake and Carter. When he's not coaching football, he enjoys spending time with his family and spending time on or near water.



**Fun Fact about Coach Shelby:** Coach Shelby served our country in the US Air Force in 2005-2010 and was deployed three times, twice to Kuwait and once to Afghanistan.

## TIM LYDON - OFFENSIVE SCOUT TEAM COACH



Tim Lydon joined the CSP coaching staff in 2019 as the assistant linebackers coach and special teams assistant. He follows in his father Steve Lydon, who used to serve on the CSP football staff. Tim has had a tremendous start to his collegiate coaching career. In a short time he has made a very good impression, demonstrating attention to detail, follow-up and a team first attitude.

Prior to joining CSP football, Tim was a kindergarten teacher at Hmong College Prep Academy in St. Paul. As a player, Tim played his freshman season at North Dakota State University before finishing his playing career at Saint John's University. While at Saint John's, Lydon earned his bachelor's degree in elementary education.

Outside of coaching football, Tim enjoys weight training and competes in cross fit. He also appreciates live music and concerts, in addition to outside recreation activities.



**Fun Fact about Coach Lydon:** Coach Lydon is a fluent french speaker and he plays guitar and ukulele.

## ALAIN YANG - STUDENT-ASSISTANT COACH



Alain is a sophomore at CSP and enters his first season as a student-assistant. Alain will assist Coach Medlo with the offensive line and help organize the offensive scout team, in addition to taking on numerous other tasks that he gets assigned to him (laundry, uploading & breaking down video, recruiting, field set-up, equipment duties to name a few). He has been unbelievable as his commitment is unparalleled.

This young man is special because he really cares and has such a strong desire to learn. I'm excited to see him grow in our profession.

**Fun Fact about Coach Yang:** Coach Yang works part time at Lifetime Fitness and played quarterback at White Bear Lake High School.



# CSP FOOTBALL ALUMNI-WHERE IS HE NOW?

## SHAWN FONDOW (1996-1999)



Shawn Fondow (1996-1999) was a defensive back for Concordia who played both corner and safety. Fondow compiled 90 tackles during his collegiate football career, played in the conference title game in 1997, and was a member of the inaugural Division II football team. Fondow stated that “My best football memories center around the relationships built. My teammates are my best friends to this day.” Shawn also played baseball for Concordia, mainly as a pitcher.

His experience as a student-athlete taught him how to bounce back from disappointment, handle success, fight for your position, continue to work hard even if you don't get the desired results. All of these things have prepared him for life after college.

Fondow earned a degree in physical education from Concordia and now works as the Principal of Elementary Programs at Minnesota Transitions Charter.

Fondow now resides in New Hope, MN with his wife Angie and his two daughters Madison and Brooklyn.



## EXTRA POINTS

### COACH CURRIER RADIO SHOW

Following the high school football game of the week, Wally Langfellow of Minnesota Score will host a weekly show with Concordia-St. Paul head football coach Shannon Currier on AM 1440 KYCR locally in the Twin Cities media market.

For people outside the Twin Cities media market, the show can be played live online and will also be uploaded and available to listen anytime on the CSP Bears Podcast, which is available to subscribe on Apple iTunes, Spotify and Google Play Music.

The high school football game of the week will precede the Coach Currier show, which is expected to air during the 9 p.m. to 10 p.m. hour, and will last 30 minutes. The format will feature weekly player guests.

### SHUTTERFLY

A shutterfly account has been created to allow football parents to share photos that have been taken throughout the year. If you have pictures from any of the CSP football games, please feel free to share them.

[www.shutterfly.com](http://www.shutterfly.com)

**User:** cspfootballfriends@gmail.com

**Password:** Football17

# 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

