



EDITION 2
ISSUE 3

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2019

INSIDE THE HUDDLE

WITH COACH CURRIER



Folks, it's game day! The staff and players have put in an enormous amount of time preparing for the upcoming 11 conference games. We are thrilled to have our season opener at home, as we honor coach Coach Russell Gary and celebrate St.Paul Day. We also get an opportunity to play on a beautiful new field. Hopefully you will be here with us! If not, tune in on line!

There are numerous aspects to building a quality college football program, and each facet plays a significant role in the overall success of the program. This week I want to discuss our process of developing our men as athletes while they are in our program.

Last week we showcased our football coaching staff. Intentionally we waited until this week to highlight an instrumental coach within our program, the Strength and Conditioning Coach, Eric Overland. Coach Overland came to CSP this summer from Wayne State University, MI where he was the Strength and Conditioning Coach. His prior experience spans from Winona St., Notre Dame, Abilene Christian, and Liberty University.

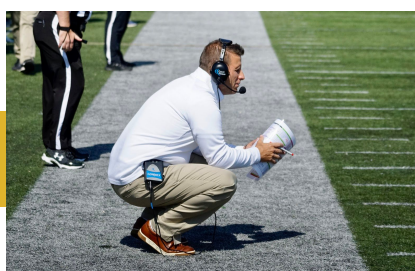
In addition to his vast experience working with collegiate student-athletes, he is committed to building relationships and influencing them to become better young men and women. His influence begins with his professionalism, character, life experiences and growth mindset.

Strength and Conditioning coaches are much more than their title illustrates. They're counselors, educators, mentors, motivators, and key contributors to a team becoming faster, stronger, and tougher. Strength coaches are taught how to expand the capacity of their athletes to perform, while remaining strong and free from injuries. College football places stress on both the mind and body. The proper training and preparation gives athletes the physical and mental confidence to push themselves to their limits.

Coach Overland his wife Marcia and their five children (Abby 13, Micah 11, Caitlyn 8, Jessica 5 and Caleb 2) We are fortunate to have him call CSP home.

Go Bears!

Coach C



#BEGOLDEN



STRENGTH & CONDITIONING



I took a few minutes this week to talk with Coach Overland (Coach O) so you could get an inside look at our new Strength and Conditioning Coach. Coach “O”, loves to read. He’s intentional about what he puts into his mind because “what we put in, comes out.” His goal is to read 40 physical books and listen to 20 audio books a year. Last year, he totaled 65! He is encouraging our guys to read some of his most recommended books (i.e. Slight Edge, Mindset).

When discussing his philosophy of training athletes, he started by talking about the importance of great technique. Utilizing great technique keeps our student-athletes the healthiest and maximizes the athlete’s skills the quickest. He believes that recovery is an important aspect that is overlooked, as there tends to be more “under-recovering” than there is “overtraining”.

Proper nutrition, flexibility and mobility are crucial for development and recovery. I have witnessed Coach Overland using various methods of educating student -athletes and having a method of holding them accountable (i.e. accountability forms they submit daily).

Our strength training program centers around olympic lifting. Student-athletes build a foundation using the following core lifts: cleans, snatches, squats and bench. He also focuses on movement patterns in his conditioning, speed enhancement and agility drills. So far, our student-athletes have been very impressed and are excited about the future of our strength and conditioning program. We aren’t looking to increase strength, speed and conditioning over the course of the season. We want to be better today than we were yesterday!

Coach Overland loves to travel with his wife Marcia and kids (Abby 13, Micah 11, Caitlyn 8, Jessica 5 and Caleb 2) in his time away from work. He also enjoys smoking chicken, brisket & ribs with his smoker.



Fun Fact about Coach Overland: Coach Overland trained CSP & NSIC Hall of Fame Quarterback, James McNear III, from the early 2000’s after James completed his illustrious career at CSP. They since have become great friends. Coach Overland also had a younger brother Mark play for the Golden Bears in the early 2000’s.

SENIOR SPOTLIGHT

DESMOND HUDNALL



Desmond “Des” Hudnall is a senior Cornerback for the Golden Bears. Des is from Los Angeles, California and he has 1 biological brother and 5 step brothers. Des talked about how his mom has been a great influence on his life. Initially she was a single mom that took care of Des and his biological brother Maxwell. Even though there were hard times, she always found ways to keep Des and Max involved in extracurricular activities. Her faith is very strong and she demonstrated tremendous love for her two boys.

Desmond is generally quiet and laid back, which makes it easier for younger teammates to approach. He has acquired the name “Uncle Des” because of his laid back personality and him being the lone senior in the defensive backfield.

In his spare time, he can be found sleeping , listening to music , doing his homework, or hanging with friends. Des is a Criminal Justice major and wants to be in the FBI. He wishes to attend the police force for 2-3 years and then make the transition to the FBI.

He said he has thoroughly enjoyed his experience at CSP because of the many long-lasting friends he has made on the team. He also appreciates the small class sizes, connections to the job force and the community service he has performed. Coming to Minnesota for his education and football experience has helped him grow up quickly because he has had to learn to do many things on his own.

Fun fact about Des: Meek Mill is his favorite rapper and Power Rangers is his favorite television show.

CSP FOOTBALL ALUMNI-WHERE IS HE NOW?

JASON SIMMONS



Former Golden Bear Jason Simmons played for CSP from 2005-2007. On the gridiron Simmons was a Wide Receiver and Kick Returner and was 2nd in the NSIC in Kick Returns as well as being NSIC Academic All Conference in 2006. Jason’s favorite moment while playing at CSP was winning the NSIC Conference Championship in 2005.

Jason’s time at CSP taught him how to overcome all adversities with friends and teammates on and off the field. He also uses many of the skills that he learned at CSP in his daily life today.

Jason works remotely in Alaska as a Health Safety and Environmental Specialist for Alaska Energy Services in the Kaparuk Oil Field and has been working there for the past 9 years.

Jason has been married for 3 years now to his wife Luma and they have a boy named Leonardo who just turned 1 in May. They have just recently moved to Austin, TX where they plan on living for a while and grow their young family.



GAME CAPTAINS- CSP VS. SIOUX FALLS



LORENZO KENDRICKS - JR.
CB # 21



CHRIS GARRETT - JR.
DE #52



RICK KELLY- SR
OLM #70



MAXON HUTTON- SR.
QB #3

EXTRA POINTS

TAILGATE

This year, we have made a commitment to enhance the game atmosphere at all home games. One way to accomplish this is to enhance the pregame festivities (aka tailgate). Our hope is to bring the CSP football family together (alumni, parents, and all fans of the program) to celebrate Golden Bear Football, instead of each group doing their own thing.

Each home game, Alumni will be sponsoring the pregame meal for fans who wish to participate in the tailgate festivities. Thursday's tailgate is sponsored by former standout offensive lineman Nick Sundsmo. There will be brats, hot dogs, chips and water available for all fans. Fans are asked to donate (donation box will be available at the table). All donations will go directly to CSP Football.

The tailgate will begin at 4:00 PM and end about 20-30 minutes before kick-off. There will also be a table selling CSP Football sweatshirts, hats and t-shirts.

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

User: cspfootballfriends@gmail.com

Password: Football17



2019 GAME SCHEDULE

9-5	6 pm	vs	Sioux Falls	10-19	3 pm	at	Minot State
9-14	6pm	at	Upper Iowa	10-26	12pm	vs	Bemidji State
9-21	12pm	vs	Minnesota State	11-2	1pm	at	Augustana
9-28	6pm	at	Wayne State	11-9	12pm	vs	SMSU
10-5	1pm	at	St. Cloud State	11-16	1pm	vs	Winona
10-12	12pm	vs	MSU Moorhead				

