



9/23/2022 VOLUME 3, ISSUE 4

# CSP FOOTBALL WEEKLY



The outcome wasn't what we wanted this past weekend against the University of Sioux Falls, one of the league's strongest teams. However, our team fought hard and we were able to create some offense against a very good defense. Sioux Falls came into the game giving up on average -11 yds. rushing, and ranked at the top in total defense.

The Golden Bears finished with 411 yards of offense and created some big plays. After three games, our team is the least penalized team in the NSIC as we are averaging 4 penalties per game with a 27 yd average. I believe this demonstrates that we are more disciplined than we have been in the past.

Our focus this week is finding ways to enhance the effectiveness of practice. Our goal is to make them more deliberate and see more carry over from drill work to scrimmage situations. Instead of just getting repetitions, we are focused on significant effort and improvement.

This week we travel to Wayne, NE, our longest trip on the schedule this year (6 hours). Kickoff is at 6:00 PM. The Wildcats are off to a 3-0 start.

Go Bears!

Coach C.

# ENTHUSIASM

Another one of our core values is *enthusiasm*. "I am the greatest builder in the world. I am the foundation of every triumph. I am the dynamo of human action. No matter what your position is, I can better it. My name is ENTHUSIASM." Enthusiasm means bringing energy and excitement to everything we do, especially our practices. We need to understand that our drive and determination will impact those around us and inspire them to rise up to the challenges placed in front of us.

***"I change the conditions of man and the destinies of nations. No one is proof against my power – ENTHUSIASM."***

Enthusiasm is the secret ingredient that allows us to enjoy the hard work and persist when the work gets hard or monotonous. College football can be a grind - each day, we have a 30 minute special teams meeting, one hour position meeting and practice. In addition, the guys that play Saturdays complete a workout in the weight room three days a week. Without enthusiasm, the pursuit of our goals can become joyless.

***"Flaming enthusiasm, backed by horse sense and persistence, is the quality that most frequently makes for success." – Dale Carnegie***

Some coaches use the word "juice" in place of enthusiasm. Players and coaches who bring juice are the ones that bring energy and make it fun. Energy equals production. When the energy is high because players and coaches have a pep in their step, and are excited to be on the field, more production takes place. We want energy givers, not energy takers or energy vampires. Some of our players, specifically wide receivers Jack Munsterteiger and Evan Peterson have created a weekly award, the Juice Player of the Week.

***With all your getting, get me, ENTHUSIASM! I will take you soaring to heights undreamed of, and give you great rewards of honest labor. Grapple me to your hearts with hopes of steel, for I am Master of Love, Confidence, Contentment, and Riches. I am the unfailing guide to your Success. Forget me not. Put me in your mind today, now, and feel the impulse of my power. Think my thoughts and I will touch whatever you do with a magic wand of gold. Use me, ENTHUSIASM!***

We want each person within our program to be a thermostat, not a thermometer. Thermometers like to criticize once a direction is chosen. A thermometer has the ability to take and translate the temperature of the room. They're always first to notice when something is wrong, but don't have the power to take the necessary steps to fix it. They have no influence over the culture.

However, Thermostats take the temperature of the room first and then make the needed adjustments. If we need to make it hot, they bring the energy and create the heat. Players that are like thermostats inspire others, ensure standards are met, and ultimately their actions regulate the temperature (culture) of our team.

***"Every great & commanding moment in the annals of the world is a triumph of some enthusiasm."  
Ralph Waldo Emerson***

**#BUILDINGONTHEROCK**

## PLAYERS OF THE WEEK- WEEK 2 - USF

EACH WEEK THE CSP COACHING STAFF SELECTS PLAYERS OF THE WEEK. THEY ARE SELECTED BASED ON FILM REVIEW, DEMONSTRATED EXCELLENCE IN PLAY, GAME PERFORMANCE EVALUATION, AND THEIR IMPACT ON THAT PARTICULAR GAME. JUST AS IMPORTANT ARE THE SCOUT PLAYERS OF THE WEEK. THESE YOUNG MEN PREPARE OUR GAME DAY PERFORMERS FOR THE UPCOMING OPPONENT. THIS IS PARAMOUNT TO OUR TEAM'S SUCCESS. THE HOG OF THE WEEK AND D-LINE PLAYER OF THE WEEK ARE HIGHLIGHTED BECAUSE OF THEIR POSITION'S IMPORTANCE TO THE END GOAL... WINNING FOOTBALL GAMES. THE LIFTER OF THE WEEK IS A YOUNG MAN THAT DEMONSTRATES HIS UNDERSTANDING OF THE IMPORTANCE OF THE OFF-FIELD WORK NECESSARY FOR ONE TO BE AT THEIR VERY BEST.

### Dom Stencil - FR - LB

*MAYO HIGH SCHOOL, ROCHESTER, MN*

### Ben Rehl - FR - LB

*MUKWONAGO HIGH SCHOOL, MUKWONAGO, WI*

#### SCOUT SPECIAL TEAMS PLAYER OF THE WEEK



#### SCOUT DEFENSIVE PLAYER OF THE WEEK

### Skyler Sanders - Fr - TE

*IRONDALE HIGH SCHOOL, SHOREVIEW, MN*

### Parker Dahlman - SO - P

*BLAINE HIGH SCHOOL, BLAINE, MN*

#### OFFENSIVE SCOUT PLAYER OF THE WEEK



#### SPECIAL TEAMS PLAYER OF THE WEEK

## Connor Cordts - SO - QB

*CACTUS HIGH SCHOOL, PEORIA, AZ*

### OFFENSIVE PLAYER OF THE WEEK



## Taylon Hensley - JR - OL

*BURLINGTON HIGH SCHOOL, BURLINGTON, WI*

### HOG OF THE WEEK



## GAME CAPTAINS - CSP VS. WAYNE STATE

**Mel Jeudy - SR #7 DL 5'10"  
295LBS**

*MIAMI SOUTHRIDGE HIGH SCHOOL, MIAMI, FL*



**Connor Cordts - SO #5 QB 6'2"  
195LBS**

*CATCUS HIGH SCHOOL, PEORIA, AZ*



**Luke Dunsmoor - SR #90 DL 6'5"  
275LBS**

*ST. CLOUD APOLLO HIGH SCHOOL, ST. CLOUD,  
MN*



**Taylon Hensley - SO #66 OL  
6'3" 300LBS**

*BURLINGTON HIGH SCHOOL, BURLINGTON,  
WI*





## Player Spotlight - Luke Dunsmoor SR - DL

This week's Player Spotlight is Luke Dunsmoor. Luke is in his third year with the Golden Bear football program. In his career with Concordia he has wrapped up 40 total tackles with 3.5 being for loss. Luke came to CSP by way of St. Cloud University when the program unfortunately shut down after the 2019 season. Luke is a staple on the Golden Bear defensive line and is looking to continue his strong start to the year.



Luke is from St. Cloud, Minnesota and went to St. Cloud Apollos High School. Luke is the son of Bill and DeAnna Dunsmoor. Bill played football at the University of Minnesota, Duluth from 1979-1983. Luke has two sisters, Brooke and Hailey.

Luke came to Concordia because St. Cloud chose to cut football, and Luke felt CSP was the best place for him, athletically and academically. He also wanted to join some of his St. Cloud teammates who were also transferring to Concordia University, St. Paul.

Luke's favorite memory playing for the Golden Bears so far is breaking his career high in tackles against Southwest Minnesota State with 9 tackles. Luke has a goal for the 2022 season of being a impact player for the Golden Bear defensive and being named an All Conference player in the Northern Sun.

Thank you Luke for everything you have done for **Golden Bear** Football!



## WHERE IS HE NOW?

### JUSTIN AXELSON

Former Golden Bear, Justin, played tight end for CSP from 2015-2018 after transferring from NDSU. He was a graduate of Spring Lake Park High School in Minnesota.

Ax decided to attend and play football at CSP because he loved to play football and because of the location. It was close to home and his family and friends could come watch home games.

His favorite memory from CSP was senior day when they beat SMSU. It was a fantastic way to end his football career. Justin has always been grateful for CSP football and for the opportunity to continue to play football near his home town.

Ax graduated with a degree in Exercise Science and is currently working as a sport performance coach and trainer at Inspired Athletix in Plymouth, MN. Many of our former and current athletes choose to train with Justin. He was recently married and is excited about beginning his family in Minnesota.

### EXTRA POINTS

#### WATCH ONLINE – NSIC NETWORK

All Golden Bear NSIC football games will be available to watch online, free of charge, powered by the NSIC Network, and supported by BlueFrame Technology.

Visit [nsicnetwork.com/cspbears](http://nsicnetwork.com/cspbears) on a laptop or desktop computer, download the NSIC Network app on your mobile device or watch on your supported OTT provider such as Roku, Apple TV, Amazon Fire TV and Android TV.

#### Season Schedule

**9-1 6:30pm vs. Augustana (S.D.)** (L 28-14)

**10-15 12:00pm vs. Minnesota Duluth**

**9-10 5:30pm at Southwest St.** (L 14-6)

**10-22 6pm at Northern State**

**9-17 12pm vs. Sioux Falls** (L 44-23)

**10-29 12:00pm vs. UMary**

**9-24 6pm at Wayne St. (NE)**

**11-6 12pm at MSU Moorhead**

**10-1 12:00 vs. Minnesota State  
(Homecoming)**

**11-13 12pm vs. Minot State**

**10-8 12pm at Bemidji State**





### 1 C CLUB GIFT

Your C Club gift assists CSP in providing a life-changing experience for our student-athletes, allowing them to compete at the NCAA Division II level while also earning a relevant degree that will serve them for years to come. Designate your gift to Football at: [one.csp.edu/c-club](http://one.csp.edu/c-club)

### 2 LOCKER ROOM PROJECT

Are you interested in fully sponsoring a locker? Full locker sponsorship is \$1,500 and can be submitted now or split into monthly payments  
[one.csp.edu/flocker](http://one.csp.edu/flocker)

### 3 SCHOLARSHIP DESIGNATIONS

Beau W. Doyle Annual Scholarship | Russell Gary Memorial Scholarship | Milbrath Football Endowment  
Visit [one.csp.edu/give](http://one.csp.edu/give) and complete the credit card information.  
Please indicate in the comment field which scholarship you would like to support.  
Make your check payable to Concordia University, St. Paul and specify the scholarship you would like to support.

Address:  
Concordia University - Advancement  
Lockbox 446005  
P.O. Box 64062  
St. Paul, MN 55164-0062

\*\*\*Double your impact! Check if your employer matches gifts by visiting [one.csp.edu/employermatch](http://one.csp.edu/employermatch) for more information.



## Touchdown Club!

The TD Club includes people that are pledging dollars for every touchdown the Golden Bears score. If you would like to join the TD Club, set up your pledge here: [one.csp.edu/pledge](http://one.csp.edu/pledge). After more offensive production last weekend, the updated TD count is 5.

## Program Needs

- Player Developmental programming / Mental & Emotional Health Training
- Motorized pop-up dummies
- Updated video equipment
- Communication Platforms

**Twitter: @CSPBearsFB**

**Facebook:**

<https://www.facebook.com/ConcordiaStPaulGoldenBearsFootball/>

**Instagram: @cspgoldenbearfootball**

**Website: <https://cspbears.com/sports/football>**

**#CSP #RED #GB4L #BUILDINGONTHEROCK**