



9/30/2022 VOLUME 3, ISSUE 5

# CSP FOOTBALL WEEKLY



It was a tough evening for the Golden Bears. CSP and Wayne offenses' stalled out in their first possession and the Wildcats scored touchdowns on their third and fourth possessions. We were able to get a score on the board to make it 14-7. Although we were able to score, a costly turnover gave the Wildcats an opportunity to expand the lead to 28-7 going into the half.

I look forward to sending you a CSP Football Weekly that includes a different result. After each game there is a lot of time devoted to analyzing our process to ensure that we take the next best step. I'm very encouraged by the way our team responded this week. I see a lot of men within our program taking ownership for their performance and are working hard to make themselves and the team better.

We are also blessed to have a few players returning to the lineup including Brad Walker. He started as a Freshman DT last season and is back on the field this weekend for the first time this season. Another defensive lineman, senior Connor Weiss, redshirt freshman OL Dunstan Levein and LB Karson Vigeland were cleared this week and will work their way back to the field to start practicing next week. They have been rehabbing injuries the first four weeks.

Minnesota State, Mankato (3-1) comes to St. Paul this Saturday for the 12:00 PM kickoff as CSP celebrates 2022 Homecoming.

Go Bears!

Coach C.

# RELENTLESS

Another one of our core values is *relentless*. Relentless is opposite of the word "relent," which means to let up, slack off, soften or slow down. In summary, it means never giving up, and always finishing what was started. Being relentless is even more important when life doesn't go our way as many people give up just prior of a breakthrough taking place.

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.

***"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***

We have worked hard to make "relentless effort" an integral aspect of our program. Great effort can overcome poor execution, but great execution cannot overcome poor effort. In most football games, the team that plays the hardest wins.

We want all of our student-athletes to relentlessly pursue their goals, on and off the field. Furthermore, the principle of relentless effort applies to all of us, regardless of our chosen field. We want to help our student-athletes clarify what they truly want, and then guide them to work as hard as they possibly can for as long as it takes to achieve their goals.

***"The only person you are destined to become is the person you decide to be."*** **Ralph Waldo Emerson**

We encourage and teach them to incorporate slight edges into their routine, and help them think about the way they think about simple things. One of our phrases, is to "Do simple better." Successful people do what unsuccessful people are not willing to do. Slight edges are the things we do every day, the things that do not look dramatic and at times may seem inconsequential. These things not only make a difference, they make all the difference.

There are numerous slight edges one can incorporate into their routine. Some of the edges we recommend our guys put to practice daily include: watching a certain amount of video, talking to a different teammate, absorbing the word of God, reading 10 pages of a book that will expand their mindset, taking a moment to tell someone how much you appreciate them, 10 minute mental toughness, reviewing goals, reviewing affirmations, extra recovery, etc.

The slight edge is relentless! These small habits of success compounded over time, create big results. Relentlessly pursuing these daily disciplines is the key to success. Improvement in anything is tedious and hard. Stay relentless!

***"Success is the product of daily habits - not once-in-a-lifetime transformations."*** **James Clear**

**#BUILDINGONTHEROCK**

## PLAYERS OF THE WEEK- WEEK 4 - WAYNE STATE

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.

### Byron Sweeny - FR - DB

*BALL HIGH SCHOOL, GALVESTON, TX*

#### SCOUT SPECIAL TEAMS PLAYER OF THE WEEK



### Markell Keal - FR - DL

*SNIDER HIGH SCHOOL, FORT WAYNE, IN*

#### SCOUT DEFENSIVE PLAYER OF THE WEEK



### Jackson Compton - FR - QB

*GREENFIELD HIGH SCHOOL, GREENFIELD, WI*

#### OFFENSIVE SCOUT PLAYER OF THE WEEK



### Parker Dahlman - SO - P

*BLAINE HIGH SCHOOL, BLAINE, MN*

#### SPECIAL TEAMS PLAYER OF THE WEEK





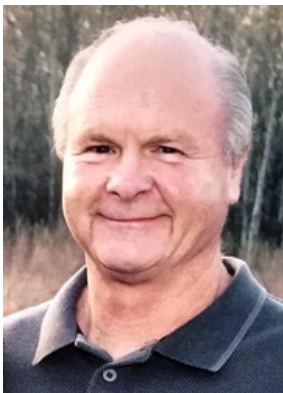
This week we celebrate Homecoming. Homecoming originated in 1911, in a game between the Missouri Tigers and the Kansas Jayhawks (the Border War). The event was created to invite all alumni to “come home” for the game.

We want to take this opportunity to welcome back all of our former students, especially our former players that find their way back to campus for this event. Because so many former players come back to St. Paul for homecoming, we get to enjoy many office visits the day before the big game.

Once a Golden Bear, always a Golden Bear. GB4L (Golden Bear for Life) is something you hear many of our former players reference. We are thankful that so many of our graduates stay engaged with the program today. It's essential to connect the past to the present, and helping our alumni stay engaged is essential to a successful collegiate football program.

## 2022 HALL OF FAME INDUCTIONS

This year, there are two former football players that will be inducted into the CSP Athletic Hall of Fame, Stanley Tischer and John Sieling.



**John Sieling - 1973**

Sieling was a leader on the defense as a four-year starter while he also helped the baseball program to a pair of Tri-State Conference titles as a two-sport athlete.



**Stanley Tischer - 1981**

Tischer quickly earned a reputation as a relentless tackler on the football field and a key contributor on the wrestling mat for the Comets. Tischer left CSP holding nearly every tackling record for the program.





## GAME CAPTAINS - CSP VS. MINNESOTA STATE, MANKATO

**Parker Dahlman - SO #32 P 6'6"  
230LBS**

*BLAINE HIGH SCHOOL, BLAINE, MN*



**Conner 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*



**Jack Munsterteiger - JR 5'10"  
180LBS**

*BUFFALO HIGH SCHOOL, BUFFALO, MN*



## Player Spotlight - Jack Munsterteiger JR - WR

This week's Player Spotlight is Jack Munsterteiger. Jack comes to CSP from Buffalo, Minnesota. In his career with the Golden Bears, Jack has hauled in 16 receptions for 132 yards and is averaging 8 yards per reception. Jack is also a member of the Golden Bear leadership council.



Jack is the son of Brenda and has a brother Nick and sisters, Gabby and Sabrina. Jack's Uncle Kevin and Aunt Jill have had a huge impact on Jack's life. Jack is currently in his fourth year with the Golden Bear football program and is a finance and accounting major.

Jack came to CSP because of the culture he saw the football program building during the recruiting process. He also loved the idea of being in the Twin Cities and having a ton of career opportunities after college.

Jack's goal for the 2022 football season for the team is to be the most improved team in the Northern Sun conference. Jack also has a personal goal of making one explosive play per game for the Golden Bear offense. Jack's favorite memory so far with the Golden Bears is beating Bemidji at home in 2019.

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





## WHERE IS HE NOW?

### FOSTER CONZET

Former Golden Bear, Foster Conzet, played Linebacker for CSP from 2018-2022 after transferring from Duluth. He is from Plymouth, MN and graduated from Wayzata High School.



Foster decided to attend and play football at CSP because of his experience with the coaches during the recruiting process and because of the location. He also was grateful for the opportunity to grow his faith.

His favorite times playing for CSP were the the simple interactions with teammates through his time. He also enjoyed all the fun times spent between meetings, workouts, and practices. His favorite memory is beating Bemidji State in double overtime during the 2019 season

Foster graduated with a degree in Exercise Science and is currently working as a sport performance coach and trainer at Discover Strength in Minneapolis. He is recently engaged and will be starting his family and continuing his life 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](https://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)** (L 48-21)

**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). Heading into homecoming, week 5, our TD count is 8.

## 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**