



10/21/2022 VOLUME 3, ISSUE 8

CSP FOOTBALL WEEKLY



The Golden Bears played a strong UMD team last weekend but failed to keep the game tight after a falling to a 19-0 deficit. UMD utilized a plethora of outstanding tight ends to create extra gaps in the run game and executed a complimentary passing game. We did not maintain the edge of our defense well enough to slow them down. Offensively, small details in execution and their movement in the defensive front was problematic for the Golden Bear offense.

I believe that our team and program will once again have great success. We are focused on building on small successes that we achieve daily. This week, our emphasis is on winning the 1st quarter. Until we can start winning some battles within the game, winning games becomes difficult. We have played an extremely demanding schedule and are working hard to rebuild confidence.

From a year ago, our culture has grown significantly. The progress in leadership and character shows up daily in the players new found commitment to punctuality. Now, we need to recognize the intensity, attention to details and sacrifices that still need to be made for us to take the next step.

I hope that you, as one of our Golden Bear footballs supporters, can have the same belief in our program as we do. Remember, "faith is having confidence in what we hope for and assurance about what we do not see." Hebrews 11:1.

Even though games haven't gone our way so far, we will continue to find ways to solve the various challenges that arise.

For us to be at our best, we (coaches, players, alumni, parents) have to stay together and keep believing. I challenge you to keep believing and be positive. The question we pose constantly and encourage our players to ask, "What can I do to help our team improve?" Make sure that we are supportive of all players! "Above all else guard your heart, for everything you do flows from it." Proverbs 4:23 Faith is a process! We must trust the process!

Go Bears!

Coach C.

GOLDEN BEAR STRENGTH & CONDITIONING



Eric Overland

One of the most important elements of building a successful football program is the strength conditioning program. Essential to helping student-athletes reach their peak performance, it provides the best chances to maintain optimal health.

CSP was extremely blessed to have Coach Overland join Golden Bear athletics prior of the season 2019. Coach "O" came to CSP after spending three years as the assistant strength & conditioning coach at Wayne State University.

Prior to his time at WSU, Overland served as the Director of Strength and Conditioning for Olympic Sports at Liberty University during the 2015-16 academic year and previously was the Director of Strength and Conditioning at Abilene Christian University in Abilene, Texas for four seasons.

Savanna Hunt is Coach Overland's assistant strength & conditioning coach. Coach Hunt was hired in the spring of '22 coming from Training Haus in Eagan and Cedar Falls, Iowa prior to that. Both coaches help our young men grow in many ways under their expert tutelage. In addition to helping our guys become their best physically, they are also developing their mindset and toughness, amongst so many other life skills (i.e. sleep, nutrition, culture).

Coach Overland's goal is to help our student-athletes maximize their potential physically and mentally. Injury prevention is also a key element to our program. Great technique is the foundation of the program. This allows our athletes to optimize their potential the quickest way possible and is critical to preventing injury.

It's important to Coach Overland for our student-athletes be able to transfer the gains in the weight room to the playing field. He emphasizes moving the bar fast, and moving the weight quickly which is required on the field. Coach O. believes the clean is the best lift that relates to the field because it causes triple extension (hips, knees and ankles). Athletes are also forced to replace their feet laterally which helps develop lateral change of direction skills

His goal is to see our student-athletes continue to get stronger during the season and be at peak performance at the end. Coach uses undulating periodization, which means each week's program (weight lifted and intensity) is based on the the players' total work load, travel schedule and other variables in their life. This allows the central nervous system of our players to remain strong and healthy.



Savanna Hunt

Coach Overland has two different programs for our team. For our upperclassman, they lift on Monday and Wednesday morning, either 8:00-9:00 AM or 10:30-11:30 AM. They lift a third time on Thursdays after practice. The freshman lift together (all freshman together) four days a week, Monday, Wednesday, Thursday and Friday at 6:00 AM. Each Thursday, they have "Competition Thursday," where they have competitions in the weight room. This allows us to build leadership, commitment and chemistry within the freshman class. This link will provide a quick glimpse of a possible competition
<https://twitter.com/i/status/1580227882856501249>;

Coach Overland has seen the team make huge strides over the past year. Progressing daily and ensuring little things are completed better than years prior (being on time, having racks set up, weighed in, using proper weights, completing all sets). This allows Coach Overland and Coach Hunt to coach the more technical aspects of his program. They can also push them harder so they can maximize their potential and continue to improve their best.



I WILL NEVER GIVE UP

"I WILL NEVER GIVE UP, BECAUSE IF I DO...
I GIVE UP ON THOSE AROUND ME.
I WILL NEVER GIVE UP, BECAUSE IF I DO...
I GIVE UP ON THOSE WHO RELY ON ME.
I WILL NEVER GIVE UP, BECAUSE IF I DO...
I GIVE UP ON THOSE WHO BELIEVE IN ME.

IF THE PERSON NEXT TO ME IS DOWN,
I PICK HIM UP, AND HE THE SAME.

I WILL NEVER GIVE UP.
I BELIEVE IN THE CAUSE.
I WILL FIGHT TO THE END,
AND WE WILL WIN.

THIS I PROMISE!"

PLAYERS OF THE WEEK- WEEK 7 - UMD

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.

TJ Lucas - FR - LB

DALLAS CHRISTAIN HIGH SCHOOL, DALLAS, TX

Percy Robertson - FR - DL

WAUWATOSA HIGH SCHOOL, WAUWATOSE, WI

SCOUT SPECIAL TEAMS PLAYER OF THE WEEK



SCOUT DEFENSIVE PLAYER OF THE WEEK



Camden Ludeman - FR -RB

OFFENSIVE SCOUT PLAYER OF THE WEEK



Sam Yager - FR - OL

CASE HIGH SCHOOL, RACINE, WI

Lifter OF THE WEEK



Elliot Wolfe - SR -OL

MCDONALD COUNTY HIGH SCHOOL, NOEL, MO

Lifter OF THE WEEK



GAME CAPTAINS - CSP VS. NORTHERN STATE

Rhett Sheehan - SR - #5

MENOMINE HIGH SCHOOL, MENOMINE, WI



Nate Gimza - SR - #13

RICHARDS HIGH SCHOOL, CHICAGO RIDGE, IL



Koffi Öbekte - SO - #94

KENNEDY HIGH SCHOOL, MINNEAPOLIS, MN



Sam Marshalek - SR - OL

WEST DE PERE HIGH SCHOOL, DE PERE, WI



Player Spotlight - Elliott Wolfe - SR - OL



This week's Player Spotlight is Elliott Wolfe. Elliott is in his fourth year with the Golden Bear football program and is a two year starter for the Golden Bear offensive line. Elliot is the son of Nancy and Dennis Wolfe. Elliot has 5 siblings, Amber, Nick, Axle, Hope, and his twin sister Erin.

Elliot came to Concordia from Noel, Missouri. He chose to come to Concordia because he wanted to explore a different part of the country and liked the close relationships within the offensive line room . Elliott is a currently a sport management major and will graduate in the upcoming spring of 2023

For the rest on the season Elliott would like for the Golden Bears to win the remaining four games on the schedule. For a personal goal Elliot would like to grade out at a 90% or higher each of the final four games and finish with a 90% grade at the end of the year.

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





WHERE IS HE NOW?

JAKE MUNKWITZ

Former Golden Bear, Jake Munkwitz (Munk), played for CSP from 2012-2016 before joining the staff as a Graduate Assistant in 2016. Jake played as a tight end and saw action in 31 games for the Golden Bears. His is from Glenwood City, WI.

Munk decided to attend and play football at CSP because of the culture and environment CSP provided. He was excited to come to a school in a big city and participate on a NCAA DII team in a premier D2 conference.

His favorite memories from CSP football are from his senior season. After having a rough start to the year, the 2015-2016, the Golden Bears finished off the season winning the last 4 games.

Jake graduated with a degree in exercise science and a masters in Sports Management. He is currently working as the Special Teams Coordinator and coaches the linebackers for the Bears.

His father and sister also attended CSP. His sister played softball and dad played football. His dad continued to coach for CSP after graduation. Jake and Whitney, his wife, currently reside in Woodbury, MN. They are expecting expecting a baby girl later this year! We had a wonderful gender revealing at practice this past week.



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 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.

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. Heading into week, the Northern State game, our TD count is 11.

2022 FOOTBALL BANQUET

Saturday, December 10, 2022 - 5:30 PM St. Paul Event Center
400 Wabasha St. N Suite 320
St. Paul, MN 55102

CSP FOOTBALL TAILGATES

Last week's tailgate was sponsored by former player, Dane Maxfield. He has been a huge supporter of Golden Bear football and we are thankful that Dane providing a great tailgate so all Golden Bear fans can enjoy food and fellowship before each Golden Bear football game.

Season Schedule

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

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

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

9-24 6pm at Wayne St. (NE) (L 48-21)

10-1 12:00 vs. Minnesota State (L 25-15)
(Homecoming)

10-8 12pm at Bemidji State (L 44-0)

10-15 12:00pm vs. Minnesota Duluth (l 53-7)

10-22 6pm at Northern State

10-29 12:00pm vs. Univ. Mary

11-6 12pm at MSU Moorhead

11-13 12pm vs. Minot 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

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/fblocker

3 SCHOLARSHIP DESIGNATIONS

Beau W. Doyle Annual Scholarship | Russell Gary Memorial Scholarship | Milbrath Football Endowment
Visit 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 for more information.



Program Needs

- Auction items for auction that will take place during CSP Football Banquet (something of value, gift cards, tickets, experiences, etc.) please email Coach Currier scurrier@csp.edu or Billy Krefft with any thoughts or questions - thekreffts@gmail.com
- 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 #BUILDGONTEROCK