



April 21, 2023

Hudson Raider Football Players and Parents:

I hope that everyone is doing well after a long winter. With spring finally upon us, we know that football is around the corner and will be here before you know it. In preparation for the 2023 football season, I wanted to share some key dates and times so that your family can thoroughly prepare for the summer and fall. This letter highlights the essential events that players and parents will want to know.

END OF THE YEAR FOOTBALL MEETING: Monday, June 5th (3:00 - 3:30 PM)

This meeting is for all players who will be in grades 10-12 in the fall who are interested in playing football. We will meet in the fishbowl to go over the summer and fall schedule and make sure players have all of the information. Players who can't attend should talk to Coach Kowles before the meeting to get any information.

RAIDER ELITE - SUMMER 2023: Monday, June 19th through Thursday, July 27th

Raider Elite is a FREE, specialized program that takes place Monday through Thursday throughout the summer for Hudson athletes entering grades 9-12. Our goals are to teach proper lifting and running techniques that will help in injury prevention and will help athletes gain strength, speed, and power that will transfer onto the playing field. Registration has already begun and most of the sessions are full, but you can still register for some time slots and get onto a waitlist for others. Talk to Coach Kowles if you are on a waitlist for a certain session that you couldn't get into. Although there is limited space, we want everyone to get an opportunity to be able to improve themselves in the weight room. This summer, athletes will get one week off after school is out before Raider Elite begins on June 19th with a 6-week program before the start of the football season.

One of the common threads that define all great football teams is a positive and rigorous weight room program and culture. Not only do these workouts help with strength and speed, but they are critical for injury prevention as well. The preparation that we do now will turn into positive results this fall, and we need everyone to participate in order to reach our full potential as a team.

SPEED TRAINING OPPORTUNITY AT ST. CROIX ACCELERATION

Players have an opportunity to improve their speed through treadmill training at St. Croix Acceleration. St Croix Acceleration has been in Hudson since 2017. They want to continue to offer student-athletes an opportunity to utilize the science-based SPEED treadmills that have been around for 33 years. If athletes train on these treadmills 12 times over the course of the summer, St. Croix Acceleration claims that an average of 2 tenths of a second improvement in the 40-yard dash can be achieved. The science behind incline sprint training at variable top end speeds will improve an athlete's stride length and frequency thus resulting in a faster athlete.

Below is what is offered:

- 12 running treadmill sessions between June 5th and August 11th for \$240 per player (\$385 value)
- Players can train in groups of 10-20 OR make their own appointments online.
- Register and see more information and videos at www.stcroixacceleration.com and choose HUDSON SUMMER SPEEED under OTHER PROGRAMS

MINI-CAMP: Sunday, June 25th – Thursday, June 29th (S-W: 6:00 – 9:00 PM, Th: 9:30-11:30 AM)

We will hold our annual mini-camp toward the end of June for all players going into grades 10-12, which allows us to get a jump on the upcoming season using the WIAA-allowed five contact days in the summer. It is imperative that all players are at camp since football only has these five contact days to utilize by WIAA rules, and our mini-camp always serves as the kickoff to the football season. To pick up equipment on the first day of camp, players should report to the equipment shed by the practice fields on June 25th at the following times:

Seniors – 5 PM, Juniors – 5:20 PM, Sophomores – 5:40 PM

Practice and meetings on Sunday through Wednesday will take place in the evenings. Thursday practice will be in the morning. Any player who has a conflict with mini-camp should see Coach Kowles as soon as possible.

END OF MINI-CAMP SCRIMMAGE AT WAYZATA, MN: Thursday, June 29th (9:30 – 11:30 AM)

For many years we have ended mini-camp with our own “Navy-White” scrimmage. This season we will be traveling to Wayzata High School to hold a joint practice/scrimmage with their football team. This day will take the place of our traditional Navy/White game and give us an opportunity to hone our skills against one of the best teams in Minnesota. We will be taking a bus with the team to and from Wayzata to conclude our five-day mini-camp. All players in grades 10-12 will participate as we will practice against Wayzata’s Varsity and JV teams.

7 ON 7 AT ROSEMOUNT, MN: Wednesday, July 12th (10 AM – Noon)

We also have the opportunity to travel to state power Rosemount to compete at 7 on 7 football. All players in grades 10-12 are welcome to participate. This is another opportunity to work on some of our skills against quality competition. We will probably get to compete in four 20-30 minute 7 on 7 scrimmages against different opponents. Players who are interested should see Coach Kowles to sign up, and there is no fee to participate.

ABC & RAIDER PRIDE FOOTBALL CAMPS: (Monday - Thursday) July 17th – 20th

This will be the 22nd annual youth football camp in Hudson. Many current and former players were introduced to the game of football at these camps. As in past years, the ABC Football Camp will include athletes going into 3rd grade through 6th grade. Taking place concurrently with the ABC Camp will be the Raider Pride Football Camp for athletes in grades 7-9. We will continue to focus on fundamentals, teamwork, and making the game safe and fun at the lower grades. For players in grades 7-9, we will also incorporate some of the schemes and techniques that we do at the high school to get these players ready for the middle school and 9th grade programs. And, since we do not have a high school mini-camp for players in 9th grade, they are encouraged to attend this camp to get a jump on the upcoming fall season. Both camps will be coached by the high school football coaching staff as well as by many of the current high school players. Registration can be done online at the Hudson Benchwarmers Football website, hudsonraidersfootball.com.

FALL SPORTS REGISTRATION: Online toward the middle/end of July

Online registration will again be in place for fall sports this year. Forms for registration can be completed online around mid-July (usually around July 20th or so) when the system rolls over for the new school year. Check the high school athletic website for complete details and instructions. Here are the 2 things that need to be done in order to register for football:

1. Log into MySchoolBucks to register and submit payment. If you do not have a MySchoolBucks account, go to MySchoolBucks to create an account.
2. Students must have a valid physical on file in the Athletic Office. Physicals dated April 1, 2022 or thereafter are valid for the 2023-2024 school year. If your physical is prior to April 1st, 2022 you will need a NEW physical submitted to the Athletic Office. Student physical dates for your child can be found in Skyward. Links to the WIAA Athletic Forms are available on the right side of the Athletics/Activities tab on the high school website.

PRACTICE BEGINS FOR GRADES 9-12: Tuesday, August 1st (8:00 AM – 12:30 PM)

This year, due to WIAA rules, equipment hand-out and the first day of practice will be on the same day, Tuesday, August 1st. Meetings, equipment hand-out, and practice begin on the first day at 8 AM and players must have all paperwork completed online and a physical on file in the athletic office to be able to get equipment and participate. Players should check in at the equipment shed by the back practice fields. We will continue to practice the same way as we have the past few years due to WIAA regulations. The WIAA calls it their fall acclimatization guidelines for football, which essentially is the body adapting to exercising in heat to be able to tolerate physical activity. These guidelines do not allow for two-a-day practices on back-to-back days, limit the time that can be spent practicing, as well as requiring a long break between two-a-day practices. These rules are put in place to help to protect the athletes from injury as well as heat-related illnesses.

SENIOR BANNER AND POSTER PHOTO SESSION: Wednesday, August 2nd (1 PM)

Immediately following practice on August 2nd, the seniors will take individual pictures for the senior banners. This is sponsored by the Benchwarmers and is at no cost to the seniors or their parents.

HUDSON RAIDERS PIGSKIN PICNIC: Monday, August 7th (5:00 – 8:00 PM)

Please mark your calendars for Monday, August 7th from 5:00-8:00 PM for this annual fun-filled family event which will be held at the high school stadium and plaza area. The football teams at all levels will practice at the stadium that evening so parents can eat food, meet other parents, and watch the Raiders in their first live action of fall camp. We hope you will take time to come out and meet your extended football family. Our goal is for families and players to make connections, have fun, kick off the upcoming season, and continue to support the Raider Program. Much more information will be sent out about the picnic as the date nears.

RAIDER CARD BLITZ: Tuesday, August 8th (4:30 – 8:00 PM)

We are extremely fortunate for the community support that we have for the football team and it shows with the selling of our Raider Cards in what is our most important fundraiser every season. Players will get cards at the beginning of the first week of practice and will go out into the community in groups to sell cards on the final day of this fundraiser.

PARENT/COACH MEETING: Thursday, August 10th (5:30 - 6:00 PM)

We will have a brief Parent/Coach meeting in the auditorium for parents of all grades 9-12. This meeting is designed for coaches to go over all important information that parents should know about as we begin the season. At the same time as this meeting is taking place, the first spaghetti dinner for all players in grades 9-12 will be going on, so parents will be able to take players home immediately following the meeting.

PRE-SEASON SCRIMMAGE: Friday, August 11th (11 AM) vs Onalaska

To wrap up the first two weeks of practice we will host Onalaska High School for our annual pre-season scrimmage. All players in grades 10-12 will participate with Varsity and JV scrimmages at the stadium.

VARSITY SATURDAY MORNING PRACTICES

Saturday practices allow us to get a quality stretch after the game on Friday nights. It is critical that this becomes part of our weekly routine to be able to actively recover from the previous night's game and move forward to our next opponent. The 9th and 10th grade teams will not practice on Saturdays (with the exception of the 10th grade on the first Saturday of the pre-season). Once we are into the season, the varsity will usually practice after Friday night games on Saturday mornings from 9:30-10:30 AM.

The Saturday morning plan for the varsity is as follows:

Saturday, August 5th (*practice to finish out the first week for grades 10-12*)

Saturday, August 12th (*optional practice/workout for grades 10-12*)

Saturday, August 19th (*no practice – game on Thursday so Friday morning will be our “Saturday practice”*)

Saturday, August 26th (*no practice – give the team the weekend off leading up to first day of school*)

Saturday, September 2nd (*no practice – Labor Day weekend*)

Saturday, September 9th (*practice through the rest of the season for varsity from 9:30-10:30 AM*)

LABOR DAY WEEKEND

The varsity will usually come in on Saturday mornings after Friday games to run, stretch, and actively recover from the game the night before. To give parents an opportunity to plan for Labor Day weekend, we will not bring in the varsity players on the Saturday of Labor Day Weekend, September 2nd. To get the most time off and to be able to enjoy some of the long weekend, varsity players will practice on Labor Day, Monday, September 4th at 6 PM to prepare for their upcoming game, but the sophomore team and 9th grade teams will not practice on Labor Day. Don't hesitate to contact Coach Kowles if you have a conflict about practice on Labor Day.

EARLY SEASON SCHEDULE

The calendar on the next page shows the first month and a half of the season. Once school begins, the typical practice time is from 3:00 – 5:45 PM (3:00 – 5:00 PM on Thursdays and usually 3:00 – 5:15 PM for 9th grade each day) and will continue like this throughout the season. The 9th grade will not practice in the evenings during the first week of practice, but players in grades 10-12 will have “two-a-days” on Tuesday and Thursday of the first week. The 9th grade will join the other grades for “two-a-days” on Monday and Wednesday of the second week of practice. The morning practice after an evening practice will always begin at 9 AM instead of 8 AM. Times in the calendar include any meetings and weight training, as well as practice.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		August 1 1st Day 9-12: 8 AM - 12:30 PM 10-12: 6 - 8 PM	2 9-12: 9 AM - 12:30 PM	3 9-12: 8 AM - Noon 10-12: 6 - 8 PM	4 9-12: 9 AM - 12:30 PM	5 10-12: 9 AM – 11 AM
6 No Practice	7 9-12: 8 AM- Noon 9-12: 4:00- 6:30 PM Picnic 5:00-8:00 PM	8 9-12: 9 AM - 12:30 PM 9-12: Raider Card Blitz 4:30-8:00 PM	9 9-12: 8 AM - Noon 9-12: 6 - 8 PM	10 9-12: 3 PM - 5:15 PM Parent Meeting 5:30 – 6 PM	11 10-12: Scrimmage Vs Onalaska 11 AM 9th: TBD	12 Var: Optional practice/workout 9:30 – 10:30 AM
13 No Practice	14 9-12: 9 AM- Noon	15 9-12: 9 AM- Noon	16 9-12: 9 AM- Noon	17 Var: 7 PM Vs Marshfield 9-10: TBD	18 Var: 9:30 – 10:30 AM 9-10: TBD	19 No Practice
20 No Practice	21 9: 3-5:15 PM 10-12: 3-5:45 PM	22 9: 3-5:15 PM 10-12: 3-5:45 PM	23 9: 3-5:15 PM 10-12: 3-5:45 PM	24 9-12: 3-5 PM	25 Var: 7 PM @ Stevens Point 9-10: TBD	26 No Practice
27 No Practice	28 9: 3-5:15 PM 10-12: 3-5:45 PM	29 9: 3-5:15 PM 10-12: 3-5:45 PM	30 9: 3-5:15 PM 10-12: 3-5:45 PM	31 9: 4:45 PM Vs Chip Falls 10-12: 3-5 PM	September 1 9: 3-4:45 PM 10: 3-4:15 PM Var: 7 PM Vs Chip Falls	2 No Practice
3 No Practice	4 Labor Day Var: 6-8 PM	5 JV: 5 PM @ Chip Falls 9: 3-5:15 PM Var: 3-5:45 PM	6 9: 3-5:15 PM 10-12: 3 – 5:45 PM	7 9: 4:45 PM @ River Falls 10-12: 3-5 PM	8 9: 3-4:45 PM 10: 3-4:15 PM Var: 7 PM @ River Falls	9 Var: 9:30 – 10:30 AM

STAYING CONNECTED WITH THE FOOTBALL PROGRAM (Remind and Google Classroom)

It is important that players are able to stay connected for any football updates. We have been using *Remind*, which you may be familiar with and many players are already signed up for in the football group. Remind is a school-approved way for coaches to get short bits of information out to players, as well as allowing players to contact coaches by texting in a safe way. If players are not on the Varsity/JV Remind yet, simply enter the number 81010 and text the message @rathl (the last character is a lowercase L), and you will be added to our Remind football account for any information that coaches need to get out to players. Players who were in 9th grade last season should add themselves to the Varsity/JV Remind.

Incoming 9th grade players can add themselves to the 9th grade football Remind, which you can join by entering the number 81010 and texting the message @2bb2hk.

We also will be using Google Classroom to post other information throughout the year. For players who are not on the Google Classroom Football page yet, the class code to join is 4ie4upa.

THANK YOU, CLASS OF 2023 SENIORS

Before we move on to the 2023 season, I want to send out a huge thank you to the class of 2023 senior football players who made last season a memorable one. Not only did the regular season end with a Big Rivers Conference Championship, but the leadership and commitment from the senior class paved the way for great years ahead. Thank you to those seniors for all of your hard work and for leaving a positive legacy. You will always be Raiders.

HUDSON BENCHWARMERS

The Benchwarmers is the football parent organization that is set up to provide financial and organizational support for the Hudson High School football program. The Benchwarmers are made up of parents of players in the program, so if you are a parent of a player in the high school football program, you are a member of the Hudson Benchwarmers. Some of the roles of the group include, but are not limited to, organizing spaghetti dinners, planning the end of the year banquet, working on the pigskin picnic, arranging player food for away games, and staffing concessions during varsity games. This group does a tremendous job in supporting the program to give the players the best high school football experience possible. We are so thankful to have the tremendous support of all of our volunteers as none of what we can accomplish is possible without this work. So we can spread the work around to different parents, we try to have parents at different grade levels be responsible for different events. The big events for each grade level are as follows:

9th – Concessions, 10th – Pigskin Picnic, 11th – Spaghetti Dinners, 12th – End of Year Banquet

One of the biggest areas of need each year is concessions because it takes so many people to properly staff and run the concessions during a varsity game. We would like 9th grade parents to take the lead on this as well as staff the majority of these since their athletes will rarely be on the field for varsity games during the first year of high school football. We do, however, welcome any parent of any grade player who is willing to help out with concessions during games. Sign-up sheets to volunteer are available on the Football website, hudsonraidersfootball.com. We are currently looking for volunteers and leads for the Pigskin Picnic, Team Pasta Feed Coordinator, Concession Coordinator, Senior Banners, Home Game Day Experience Coordinators, Senior Night, Game Day Team Meal Coordinator, Banquet Coordinator, and Pre-Game Social Coordinator. If you are ever interested in volunteering for any of these or other events, you can sign up on the website through the Sign-Up Genius. The website also has more information about each volunteering opportunity. It truly takes all of us to make this a memorable experience for the players and we really appreciate everyone's work. Finally, all parents are invited to the **Benchwarmers annual meeting on May 8th at 6 PM** in the fishbowl at the High School to go over all of the events and opportunities leading up to the season.

HUDSON FOOTBALL SPIRIT WEAR

Hudson Football Spirit Wear is now available to order through the football website, hudsonraidersfootball.com. There are many styles are T-shirts, sweatshirts, hoodies, hats, and accessories available to order.

FINISH THE SCHOOL YEAR STRONG

It's been a different year for all of us with the new block schedule at the high school, but no matter where you are right now, the key is to finish strong. We always talk about finishing a game by being your best in the fourth quarter, and that's exactly how we should approach the classroom. Set high goals for yourselves and take on the challenge of improving academically for the rest of the school year. It's not where you start, but how you finish that matters. Make a plan right now to be the best that you possibly can be in the classroom. Turn C's into B's and turn B's into A's. Find your teachers and ask for extra help as we come down the home stretch. Make the classroom a priority and do things the right way. Being great in the classroom can only help us on the field because it promotes the work ethic that we all need to be our best in any aspect of life.

2023 SEASON

With every new football season comes new challenges. Every season is different, and even though we want to continue to build upon our past success, we also want to forge ahead on our own, new path and leave a positive mark – our stamp – on Hudson Football. The preparation that we put in now – in the classroom, in the weight room, competing in other sports, and being the best people that we possibly can be – will give us the best chance for success on the field this fall. We continue to use the quote from Abraham Lincoln about how the sharpening of the axe is the most important thing when it comes to cutting down a tree. To be able to succeed at the actual event itself, the preparation that goes into it is what is critical. That is why we live by the motto:

HUDSON FOOTBALL - "SHARPEN THE AXE"

The five pillars of Hudson Football include Friendship, Respect, Service, Preparation, and Effort. By understanding these pillars of the program and knowing that these are the foundation for what we do on and off the field, we have the opportunity to be our best. Our success on the field is a byproduct of doing things the right way, and we have a tremendous opportunity in front of us to take this program, as well as ourselves, to the next level. Always set high goals for yourself and don't stop until you get there.

THANK YOU, PARENTS

We can't say enough how much we thank the parents for their support and for everything that you do to help the program. We appreciate your hard work and commitment toward helping these athletes have the best high school football experience possible, but most importantly, for trusting us as coaches and allowing us to work with these tremendous young people. We are honored to be able to coach these student-athletes and help them to achieve more than they ever thought they could. If you have any questions, don't hesitate to contact me at school at (715) 377-3800 x6202 or at kowlesaj@hudsonraiders.org.

Sincerely,

Adam Kowles
Head Football Coach

2023 HUDSON VARSITY FOOTBALL

DAY	DATE	OPPONENT	SITE	TIME
FRI	AUG 11	ONALASKA - SCRIMMAGE	HOME	11:00 AM
THURS	AUG 17	MARSHFIELD	HOME	7:00 PM
FRI	AUG 25	STEVENS POINT	AWAY	7:00 PM
FRI	SEPT 1	CHIPPEWA FALLS	HOME	7:00 PM
FRI	SEPT 8	RIVER FALLS	AWAY	7:00 PM
FRI	SEPT 15	MENOMONIE	AWAY	7:00 PM
FRI	SEPT 22	EAU CLAIRE MEMORIAL	AWAY	7:00 PM
FRI	SEPT 29	EAU CLAIRE NORTH	HOME	7:00 PM
FRI	OCT 6	SUPERIOR	HOME	7:00 PM
FRI	OCT 13	NEW RICHMOND	AWAY	7:00 PM

2023 HUDSON JV FOOTBALL

DAY	DATE	OPPONENT	SITE	TIME
FRI	8/11	ONALASKA - SCRIMMAGE	HOME	11:00 AM
TBD	TBD	NON-CONFERENCE GAME	TBD	TBD
TBD	TBD	NON-CONFERENCE GAME	TBD	TBD
TUE	9/5	CHIPPEWA FALLS	AWAY	5:00 PM
MON	9/11	RIVER FALLS	HOME	4:45 PM
MON	9/18	MENOMONIE	HOME	4:45 PM
MON	9/25	EAU CLAIRE MEMORIAL	HOME	4:45 PM
MON	10/2	EAU CLAIRE NORTH	AWAY	4:45 PM
MON	10/9	SUPERIOR	AWAY	4:30 PM
MON	10/16	NEW RICHMOND	HOME	4:45 PM

2023 HUDSON 9TH GRADE FOOTBALL

DAY	DATE	OPPONENT	SITE	TIME
TBD	TBD	SCRIMMAGE	TBD	TBD
TBD	TBD	NON-CONFERENCE GAME	TBD	TBD
THU	8/31	CHIPPEWA FALLS	HOME	4:45 PM
THU	9/7	RIVER FALLS	AWAY	4:45 PM
THU	9/14	MENOMONIE	AWAY	4:45 PM
THU	9/21	EAU CLAIRE MEMORIAL	AWAY	4:45 PM
THU	9/28	EAU CLAIRE NORTH	HOME	4:45 PM
FRI	10/6	SUPERIOR	HOME	4:15 PM
THU	10/12	NEW RICHMOND	AWAY	4:45 PM

Conference Champions

1936, 1942, 1944, 1948, 1954, 1962, 1965, 1966, 1973, 1974, 1982, 2009, 2012, 2013, **2022**

WIAA State Playoff Participants

1996, 2001, 2003, 2005, 2007, 2008, 2009, 2011, 2012,
2013, 2014, 2016, 2017, 2018, 2019, 2020, 2021, **2022**

State Semi-Finalists

2012, 2013