



April 23, 2024

Hudson Raider Football Family:

I hope that everyone is doing well. As spring is here and the school year is coming down the final stretch, we know that football is around the corner and another season of Hudson Raider Football will be here soon. I wanted to share some key dates, times, and events so that families know what to expect this summer and fall and that parents and players can prepare for the upcoming season.

END OF THE YEAR FOOTBALL MEETING: Thursday, May 23rd (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 cannot attend, including those who are still competing in their spring sports, should let Coach Kowles know before the meeting and get any information.

RAIDER ELITE - SUMMER 2024: Monday, June 10th through Thursday, August 1st

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, but you can still register for some of the time slots and get onto a waitlist for others. Go to the high school website, click on the Athletics/Activities tab and go to Raider Elite Athletic Performance. 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 10th with an 8-week program before the start of the football season.

One of the common threads that define all great football teams at any level 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. When players do things together, such as these workouts to prepare them for the season, it creates a positive culture that will carry on well into the season, especially when times get difficult on the field. 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.

MINI-CAMP: Sunday, June 23rd – Thursday, June 27th (S-W: 6:00 – 9:00 PM, Th: 9:00 AM - Noon)

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, unlike other sports, football only has these five contact days to utilize by WIAA rules. This mini-camp essentially 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 23rd 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. There is no registration needed to attend mini-camp. Players should just show up at the equipment shed by the practice fields and check in at their time slot on June 23rd to get fitted for equipment.

END OF MINI-CAMP JOINT PRACTICE WITH WAYZATA, MN: Thursday, June 27th (9:30 – 11:30 AM)

For the second year in a row, we will conclude our mini-camp with a joint practice/scrimmage with Wayzata High School, this year taking place at our own Raider Stadium. This gives us an opportunity to go against one of the top programs in the state of Minnesota. All players in grades 10-12 will participate as we will practice and scrimmage against Wayzata's Varsity and JV teams. Fans are welcome to attend.

7 ON 7 AT ST CROIX CENTRAL HIGH SCHOOL: Wednesday Evenings, June 12, 19, 26 and July 10, 17, 24

We have an opportunity to compete in 7 on 7 this summer at St. Croix Central High School on Wednesday evenings in June and July. All players in grades 9-12 are welcome to participate. We have entered a JV team and a Varsity team to compete against other schools in the area. The JV team, which could be made up of incoming 9th and 10th graders, will play two games each Wednesday evening at 5:30 and 6:15 PM, while the varsity team will play at 7:00 and 7:45 PM. The dates of 7 on 7 are June 12, June 19, June 26 (although we probably won't compete on this date because of our mini-camp), July 10, July 17, and July 24. There will be no 7 on 7 over the Fourth of July week. Players will need their own transportation to and from the event and the plan is for players to carpool each week. More information will be available soon as well as how to sign up to play. Players don't need to be able to play every week, but instead can play in as many games as they can. There is no fee to participate.

ABC & RAIDER PRIDE FOOTBALL CAMPS: (Monday - Thursday) July 15th – 18th

This will be our 23rd 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. High school players who would like to coach at this camp will be able to sign up at the end of the year meeting or at mini-camp. Registration can be done online at the Hudson Benchwarmers Football website, hudsonraidersfootball.com.

FALL SPORTS REGISTRATION: Online toward the middle of July

Online registration will again be in place for fall sports this year. Forms for registration can be completed online around mid-July (should be by July 19th) 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, 2023 or thereafter are valid for the 2024-2025 school year. If your physical is prior to April 1st, 2023 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.

PARENT/COACH MEETING: Monday, August 5th (7:00 – 7:30 PM)

Our Football Coach-Parent meeting will take place the day before practice begins on Monday, August 5th. The athletic department will have a mandatory freshmen/new participant and parent meeting on this date at 6 PM, so most fall sports are holding their coach-parent meeting immediately following this meeting so that new parents only need to attend meetings on one night. Our football meeting for parents in all grades 9-12 will begin at 7 PM at the high school and will be brief. We will go over all important information that parents should know going into the season and give parents an opportunity to ask questions as well.

PRACTICE BEGINS FOR GRADES 9-12: Tuesday, August 6th (8:00 AM – 12:30 PM)

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.

HUDSON RAIDERS PIGSKIN PICNIC: Monday, August 12th (5:00 – 8:00 PM)

Please mark your calendars for Monday, August 12th 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 will have an opportunity to watch the Raiders finish up practice in their first live action of fall camp at the stadium. There will be food, fun, and games throughout the evening and 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 13th (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.

PRE-SEASON SCRIMMAGE: Friday, August 16th (11 AM) at Onalaska

To wrap up the first two weeks of practice we will travel to Onalaska High School for our annual pre-season scrimmage. All players in grades 9-12 will participate in Varsity, JV, and 9th grade scrimmages against Onalaska High School.

HUDSON UNIFIED FOOTBALL CAMP: Monday, August 19th (6:00 – 7:30 PM)

We are thrilled to hold our second annual Hudson Unified Football Camp for students with disabilities on Monday, August 19th. This adapted football camp is one of the highlights of the season, as our players and coaches have the opportunity to coach and learn from an amazing group of athletes. More information will be out later as well as how to register. Our players who were involved in this camp last year had a memorable experience, and we can't wait to take the field at the stadium for camp again this year. All players in grades 9-12 are invited to coach.

VARSITY SATURDAY MORNING PRACTICES

Saturday practices allow us to get a quality stretch and run 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, watch film, and move forward to our next opponent. The 9th and 10th grade teams will not practice on Saturdays (with the exception of the optional practice/workout for 10th grade on Saturday, August 10th, 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 10th (optional practice/workout to finish out the first week for grades 10-12)

Saturday, August 17th (no practice for any level after the scrimmage)

Saturday, August 24th (varsity run/stretch/film after the first game)

Saturday, August 31st (no practice – Labor Day weekend)

Saturday, September 7th (varsity run/stretch/film through the rest of the season 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, August 31st. 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 2nd at 6 PM to prepare for their upcoming game, but the JV 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. 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>
<i>August 4</i>	5 Parent Meeting 7-7:30 PM	6 1st Day 9-12: 8 AM - 12:30 PM 9-12: 6 - 8 PM	7 10-12: 9 AM - 12:30 PM 9: 3-5:30 PM	8 10-12:8 AM - Noon 9: 3-5:30 PM 10-12: 6 - 8 PM	9 9-12: 9 AM - 12:30 PM	10 10-12: <i>Optional practice/workout</i> 9:30 -10:30 AM
11 No Practice	12 9-12:8 AM - Noon 9-12: 4:00- 6:00 PM Picnic 5:00-8:00 PM	13 9-12: 9 AM - 12:30 PM 9-12: Raider Card Blitz 4:30-8:00 PM	14 10-12: 8 AM - 12:30 PM 9: 3-5:30 PM	15 9-12: 3 - 5:15 PM	16 9-12: Scrimmage @ Onalaska 11 AM	17 No Practice
18 No Practice	19 10-12:9 AM- Noon 9: 3-5:15 PM Football Camp 6:00-7:30 PM	20 9: 3-5:15 PM 10-12: 3-5:45 PM	21 9: 3-5:15 PM 10-12: 3-5:45 PM	22 9-12: 3-5 PM	23 Var vs EC Mem 7 PM 9: 3-4:45 PM 10: 3-4 PM	24 Var: 9:30- 10:30 AM
25 No Practice	26 JV @ EC Mem 4:45 PM 9: 3-5:15 PM Var: 3-5:45 PM	27 9: 3-5:15 PM 10-12: 3-5:45 PM	28 9: 3-5:15 PM 10-12: 3-5:45 PM	29 9: @ Wausau W 5:00 PM 10-12: 3-5 PM	30 Var @ Waus W 7 PM 9-10: TBD	31 No Practice
<i>September 1</i>	2 <i>Labor Day</i> Var: 6-8 PM	3 JV vs Wausau W 4:45 PM 9: 3-5:15 PM Var: 3-5:45 PM	4 9: 3-5:15 PM 10-12: 3-5:45 PM	5 9 vs Menomonie 4:45 PM 10-12: 3-5 PM	6 Var vs Menom 7 PM 9: 3-4:45 PM 10: 3-4 PM	7 Var: 9:30- 10:30 AM
8 No Practice	9 JV @ Menomonie 4:45 PM 9: 3-5:15 PM Var: 3-5:45 PM	10 9: 3-5:15 PM 10-12: 3-5:45 PM	11 9: 3-5:15 PM 10-12: 3-5:45 PM	12 9 @ New Rich 4:45 PM 10-12: 3-5 PM	13 Var @ New Rich 7 PM 9: 3-4:45 PM 10: 3-4 PM	14 Var: 9:30 – 10:30 AM

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

It is important that players are able to stay connected for any football updates. We have been using *Remind*, but this will not be used by the district beginning next year and will be replaced by ParentSquare, which you may be familiar with as the district has already been using it. A football group for ParentSquare will be set up, but is not ready to go yet. 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*. We will use Google Classroom as well as ParentSquare for the upcoming season to get announcements out to the group. More information on ParentSquare will be sent out once the football group is set up.

THANK YOU, CLASS OF 2024 SENIORS

Every new season means that we have to say goodbye to a group of seniors who will move on to their next step in life. This year's seniors set a standard for this program that will help lead us into the future. Their work ethic and positive leadership paved the way for back-to-back Big Rivers Conference Championships, along with many other memorable moments along the way. This group will be missed, but their legacy will live on and they will always be a huge part of Hudson Raider Football.

Conference Champions

1936, 1942, 1944, 1948, 1954, 1962, 1965, 1966, 1973, 1974, 1982, 2009, 2012, 2013, 2022, 2023

WIAA State Playoff Participants

1996, 2001, 2003, 2005, 2007, 2008, 2009, 2011, 2012,
2013, 2014, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

State Semi-Finalists

2012, 2013

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 **Monday, May 13th at 6 PM** in the fishbowl at the High School to go over all of the events and opportunities leading up to the season.

FINISH THE SCHOOL YEAR STRONG

One of the most important things in the game of football is to be strong in the fourth quarter and finish. We want to finish strong in the weight room, too, as well as other aspects in life. People say it's not where you start, but how you finish. That rings especially true in the classroom. We all understand that students see the end of the school year as the beginning of summer vacation after a long stretch, but it is critical that you do things the right way and finish strong in the classroom. The greatest competitors don't sit back and become satisfied with their performances. Instead, they find a way to be even better, no matter how great they have been up to that point. If you have this mindset going into the final month of the school year you might be surprised by how much you are able to accomplish. A little extra work goes a long way. Seek out your teachers to get extra help, organize study groups going into a big test, and commit yourself to being the best student that you can be. Being great in the classroom will help us be great on the field and will set the tone for how you do things in every aspect of life.

2024 SEASON

With each year brings new challenges, and the 2024 season is no different. As always, seniors who were strong contributors to our success over the last couple of years are gone, but with that, there are many opportunities for other players to step up. Hudson Football has been here longer than any of us have been around, and will be thriving for many years after we are all gone.

There is a slightly new look to the conference, as the Eau Claire schools will move to the Wisconsin Valley Conference while Rice Lake returns to the Big Rivers Conference. Now with two 7-team conferences, the BRC and WVC will compete in crossover games that will include two non-conference games to start the season as well as a crossover during the season that will count toward playoff qualification. This season's schedule is extremely challenging, and that is exactly the way that we want it to be.

We also have an opportunity to leave our mark on this program through our work ethic and preparation both on and off the field for the 2024 season. We can't take for granted the opportunity in front of us to be stewards of the program and always strive to leave the program in a better place than we found it – to take the program to the next level. The motto **SHARPEN THE AXE** has been a constant in this program for many years and speaks to the idea of preparing for everything in front of us – by being great in the classroom and in the weight room, competing in other sports, and on the football field. Our success will be a byproduct of the preparation that we put in right now.

The five pillars of Hudson Football are **Friendship, Respect, Service, Preparation, and Effort**, and are a constant reminder of doing things the right way. Set high goals for yourself and don't stop until you get there.

THANK YOU, PARENTS

I truly appreciate all of the support that we have from the parents in this program and for all that you do to help your student-athletes be their best. It is a privilege and honor to be able to work with these players on a daily basis, and we couldn't do what we do as coaches without your continued support. Our goal is to help these players reach every goal they set their mind to both on and off the field, and we appreciate the opportunity to work with these athletes. Thank you for all you do.

If you have any questions, don't hesitate to contact me at (715) 377-3800 x6202 or kowlesaj@hudsonraiders.org.

Sincerely,

Adam Kowles
Head Football Coach

2024 HUDSON VARSITY FOOTBALL

DAY	DATE	OPPONENT	SITE	TIME
FRI	AUG 16	ONALASKA - SCRIMMAGE	AWAY	11:00 AM
FRI	AUG 23	EAU CLAIRE MEMORIAL	HOME	7:00 PM
FRI	AUG 30	WAUSAU WEST	AWAY	7:00 PM
FRI	SEPT 6	MENOMONIE	HOME	7:00 PM
FRI	SEPT 13	NEW RICHMOND	AWAY	7:00 PM
FRI	SEPT 20	STEVENS POINT	HOME	7:00 PM
FRI	SEPT 27	RIVER FALLS	HOME	7:00 PM
FRI	OCT 4	SUPERIOR	AWAY	7:00 PM
FRI	OCT 11	CHIPPEWA FALLS	HOME	7:00 PM
FRI	OCT 18	RICE LAKE	AWAY	7:00 PM

2024 HUDSON JV FOOTBALL

DAY	DATE	OPPONENT	SITE	TIME
FRI	AUG 16	ONALASKA - SCRIMMAGE	AWAY	11:00 AM
MON	AUG 26	EAU CLAIRE MEMORIAL	AWAY	4:45 PM
TUE	SEPT 3	WAUSAU WEST	HOME	4:45 PM
MON	SEPT 9	MENOMONIE	AWAY	4:45 PM
MON	SEPT 16	NEW RICHMOND	HOME	4:45 PM
MON	SEPT 23	STEVENS POINT	AWAY	4:00 PM
MON	SEPT 30	RIVER FALLS	AWAY	4:45 PM
MON	OCT 7	SUPERIOR	HOME	4:45 PM
MON	OCT 14	CHIPPEWA FALLS	AWAY	4:45 PM
MON	OCT 21	RICE LAKE	HOME	4:45 PM

2024 HUDSON 9TH GRADE FOOTBALL

DAY	DATE	OPPONENT	SITE	TIME
FRI	AUG 16	ONALASKA - SCRIMMAGE	AWAY	11:00 AM
THURS	AUG 29	WAUSAU WEST	AWAY	5:00 PM
THURS	SEPT 5	MENOMONIE	HOME	4:45 PM
THURS	SEPT 12	NEW RICHMOND	AWAY	4:45 PM
THURS	SEPT 19	EAU CLAIRE MEMORIAL	HOME	4:45 PM
THURS	SEPT 26	RIVER FALLS	HOME	4:45 PM
FRI	OCT 4	SUPERIOR	AWAY	4:15 PM
THURS	OCT 10	CHIPPEWA FALLS	HOME	4:45 PM
FRI	OCT 18	RICE LAKE	AWAY	4:30 PM

**Depending on the number of 9th grade athletes who come out for football, we will be looking at playing two 9th grade teams, or at least adding more games that a second 9th grade team could play. This won't be determined until we know the number of players.*