

Fremont Football



RED & WHITE NEWS June 2013



Volume 1, Issue 1 – June 2013

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FIGHT ON FREMONT!

Conference Championships:
2004, 2003, 2000,
1963, 1960, 1959,
1958, 1957, 1956,
1954

MHSAA Playoffs:
2009, 2007, 2005,
2004, 2002, 2000,
1999, 1998

Jeff Breuker has been named the new Head Varsity Football coach of Fremont Football. Jeff is a 2005 graduate of Fremont High School, and a 3 year alumni of the Fremont Football program, including being a member of the last 2 Fremont Football Conference Championship teams in 2003 and 2004.

Jeff has been the Head JV Football coach with Fremont Football for the past 2 seasons, and enters his 8th season of coaching football at the high school level, including his 7th season at Fremont.

Jeff is employed as the Grocery Manager at Shop-N-Save Food Center in Fremont. He resides in Fremont with his wife Chelsea.

Jeff Breuker Contact Info:

jbreuker54@gmail.com
Cell Phone (Call or Text):
(231) 578-6530

NEW HEAD COACH



Jeff Breuker



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Summer Calendar

SUMMER CALENDAR

After finishing the season at 2-7 last year, this summer will be extremely vital to making the improvements necessary to start moving the Fremont Football program to the next level.

Attendance at all summer activities is considered MANDATORY, and if a student-athlete cannot make an activity, they are expected to contact Coach Breuker the day before.

Important June Details:

Weight Rooms (W.R.) – Our weight room lifting sessions will take place at Fremont High School on Monday/Wednesday/Thursday from 7-8 a.m. This will give our student-athletes with jobs the chance to weight lift and still be able to work.

Senior Cookout – Monday, June 10 at Coach Tank’s House at 7 p.m.

7on7 Practice/Helmet Pass Out – June 17, 19, 20, 24, 26 – 8-9 a.m. @ Football Field. We will be spending an hour on each of these mornings after our weight room sessions to get ready for our upcoming 7on7s. Players will need to bring cleats.

JV/Varsity 7on7 at Home – June 25 @ 6 p.m. Players are expected to be at the Football Field at 5:10 to set-up, stretch, and prepare for the 7on7. (Skilled position players and centers ONLY)

FREMONT PACKER FOOTBALL

Jeff Breuker
Head Football Coach
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E-Mail:
jbreuker54@gmail.com



June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 June30-July7 Dead Week						1
2	3 EXAM WEEK	4 EXAM WEEK	5 EXAM WEEK	6 EXAM WEEK	7 Last Day of School	8
9	10 W.R. 7-8am QB Camp 8-	11 QB Camp 8-10am	12 W.R. 7-8am QB Camp 8-	13 W.R. 7-8am QB Camp 8-	14	15
16	17 W.R. 7-8am 7on7 Prac-	18	19 W.R. 7-8am 7on7 Prac-	20 W.R. 7-8am 7on7 Prac-	21	22
23	24 W.R. 7-8am 7on7 Prac-	25 7on7 HOME vs. Grant/Holton/	26 W.R. 7-8am 7on7 Prac-	27 W.R. 7-8am	28	29



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Important July Details:

DEAD WEEKS – June 30-July 7 & July 26-August 4. All student-athletes will have no organized football related activities between these dates, although they are encouraged to continue to work out individually and also in groups.

Weight Rooms (W.R.) – July 8, 10, 15, 17, 18, 22, 24 from 7-8 a.m.

7on7 Practice – July 8, 10, 15, 17 from 8-9 a.m.

JV/Varsity 7on7s – July 9 @ Oakridge, July 16 @ Home. Meet at Football Field at 5 p.m. for both.

Baby Food Festival Parade – July 20th. Meet at Fremont Middle School at 9 a.m. to walk in the Baby Food Festival Parade and pass out candy and mini footballs along the parade route.

Team Camp – July 22-24, Grades 7-12. Camp attendance is MANDATORY.

Overnight VARSITY ONLY Team Camp – July 24 8 p.m.-July 25 9 p.m. The varsity team will spend the night and the next day together as a team, then compete in a 7on7 at Coopersville.

FREMONT PACKER FOOTBALL

Jeff Breuker
Head Football Coach
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July 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Dead Week June 30-July 7	8 W.R. 7-8am 7on7 Practice 8-9am	9 7on7 @ Oakridge—Leave from Field @5p	10 W.R. 7-8am 7on7 Practice 8-9am	11 W.R. 7-8am	12	13
14	15 W.R. 7-8am 7on7 Practice 8-9am	16 7on7 HOME vs. Grant/Coop/NM/T-C (Be @ Field @ 5)	17 W.R. 7-8am 7on7 Practice 8-9am	18 W.R. 7-8am	19	20 Baby Food Festival Parade 9am
21	22 W.R. 7-8am Team Camp 5-8pm Grades 7-12	23 Team Camp 5-8pm (Grades 7-12)	24 W.R. 7-8am Team Camp 5-8pm (Grades 7-12) Varsity OVERNIGHT	25 Varsity Team Camp Overnight 7on7 @ Coopersville (Return After 7on7)	26 Dead Week	27 Dead Week
28 Dead Week	29 Dead Week	30 Dead Week	31 Dead Week			



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Important August Details:

Conditioning Camp – August 5-8, 6-8 p.m.

Varsity Only REQUIRED Midnight Practice – August 11 at 11:30 p.m. We will kick off the start of football season with a practice from 12:00-12:50 a.m. on the game field. Parents and community members are welcome to attend.

Required Practice – August 12-16, 4-8:30 p.m, August 17, 8-10 a.m., August 19-21, 4-7 p.m.

Red/White Scrimmage – August 17, 10:30-11:30 a.m. Intersquad scrimmage, Parents and community members are welcome to attend.

Scrimmage at Big Rapids – Varsity starts at 9:30 a.m., JV/9th starts at 2 p.m.

GAME 1 vs. Sparta – JV/9th at Home on August 28, Varsity at Sparta on August 29.

FREMONT PACKER FOOTBALL

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August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Dead Week	2 Dead Week	3 Dead Week
4 Dead Week	5 Varsity Equip- ment 5pm Conditioning Camp 6-8pm	6 JV Equipment 5pm Conditioning Camp 6-8pm	7 Freshmen Equipment 5pm Conditioning Camp	8 Conditioning Camp 6-8pm Parents Meet- ing 7pm	9	10
11 VARSITY ONLY Required Mid- night Practice 11:30pm- 1am	12 Required Prac- tice 4-8:30 pm Shorts/Helmet	13 Required Prac- tice 4-8:30 pm Shorts/Helmet	14 Required Prac- tice 4-8:30 pm Shorts/Helmet	15 Required Prac- tice 4-8:30 pm Full Equipment	16 Required Prac- tice 4-8:30 pm Full Equipment	17 Practice 8- 10am Red/White Scrimmage 10:30am
18	19 Required Prac- tice 4-7pm	20 Required Prac- tice 4-7pm	21 Required Prac- tice 4-7pm	22 Scrimmage @ BR Varsity - 9:30am JV/9th - 2pm	23 Required Prac- tice 4-7pm	24
25 Varsity Fi'm/ Game Plan 5pm @FHS Required Prac- tice 6-8pm	26 Required Prac- tice 4-7pm	27 Required Prac- tice 4-7pm	28 Required Practice 4-7pm JV/9th Home vs. Sparta	29 Varsity @ Sparta 7pm	30	31



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Tamarac Pre-Season Football Conditioning

Starting Monday, June 10th, Tamarac is offering a Pre-Season Football Conditioning Clinic. The clinic will run for 2 weeks and take place on Monday, Wednesday, and Friday of each week.

This is the first clinic of its kind available to Fremont Football student-athletes, and a great way for our players to be in the best possible shape for the upcoming season. We encourage our student-athletes to take advantage of this clinic if possible.

Cost of the clinic is \$30 for 6 sessions to cover the cost of the professional training.



Pre-Season Football Conditioning

Improve your essential skills to ensure a great season.

Are you a high school football player looking to improve your skills for the upcoming year? Let Tamarac Fitness Guide, Nelson Griffin, show you how to increase your speed, jumping ability and tackling power with various conditioning drills.

Dates: June 10, 12, 14, 17, 19 and 21.

Time: 3 p.m. to 4 p.m.

Location: Tamarac, The Center for Health and Well-Being

Cost: \$30 per person

For more information contact Nelson Griffin III at 231.924.1894 or email nelson.griffin@spectrumhealth.org



1401 W. Main St., Fremont | 231.924.1600 | tamaracwellness.org

PRE-SEASON FOOTBALL CONDITIONING



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Player Expectations

Each student-athlete in the Fremont Football program will be required to live up to a set of standards and expectations that will help to not only improve our football program, but also improve our student-athletes on the field, in the classroom, and as young men.

Players and Parents will be required to sign and return this form to Coach Breuker before the 1st required practice on August 12th.

Fremont Football Player Expectations

- I will be in attendance at EVERY Study Hall session.
- I will be on time for EVERY Study Hall session.
- I will be in attendance at practice EVERY day.
- I will be on time for practice EVERY day.
- I will fully participate in practice EVERY day.
- I will participate in off-season activities including weight training, speed and agility training, and other football-related events.
- I will do my best at school, both in the classroom and on the football field.
- I will respect my teachers and administrators.
- I will respect my coaches.
- I will respect all of my teammates.
- I will respect my opponents.
- I will respect all officials.
- I will respect my privilege to play football.
- I will respect the game of football.
- I will be a positive role model, on and off the field, for elementary school, middle school, and other high school students in our district.

There will be consequences for not meeting these standards. Violating team rules by missing practices, showing up late, and disrespecting others will be met with a cut in playing time for the student-athlete.

Examples:

- If a student-athlete is late to practice, he will not be allowed to start in the game that week.
- For each practice or study hall a student-athlete misses during the week, he will sit for that many corresponding quarters of the next game.
- If a player receives an unsportsmanlike conduct penalty, he will be immediately removed from the game.

Player Signature _____ Date _____

Parent Signature _____ Date _____



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