

# Fremont Football

## RED & WHITE NEWS July 2013



Volume 1, Issue 2 – July 2013

### COACHING STAFF

### 2013 Fremont Football Coaching Staff

#### Offense

Jeff Breuker – Varsity Head Coach/OC  
Rebel Smith – Quarterbacks/Varsity Co-OC/JV OC  
Mark Bridges – Running Backs  
Keith Swanson – Wide Receivers  
Ryan Wright – Offensive Line/9<sup>th</sup> Grade OC

#### Defense

Rick Tank – Varsity Associate Head Coach/DC  
Dale Bacon – Defensive Ends/JV Head Coach/DC  
Jayson Robins – Defensive Line  
Mark English – Linebackers  
Tom Elmer – Defensive Backs/9<sup>th</sup> Grade Head Coach/DC  
Graduate Assistant  
Jared Bacon – JV Wide Receivers/Defensive Backs

While most of our coaching staff are returning members from 2012, we also will be welcoming a few coaches into the Fremont Football program:

-Ryan Wright is joining us after spending the past 4 years as a member of the Montague Football coaching staff. Coach Wright won 2 State Titles as a player at Ravenna. He is currently employed as a 4<sup>th</sup> grade teacher at Daisy Brook.

-Keith Swanson is rejoining the coaching staff to lead our WRs. Coach Swanson is a 2005 FHS alumni, and has previously coached WRs for Fremont Football for multiple seasons.

-Jared Bacon begins his coaching career this season after spending the past 4 years playing in the Fremont Football program. Jared will be working with our JV WR/DB.

### INSIDE THIS ISSUE:

#### 2013 Coaching Staff 1

Fremont Football Youth Camp 2

July Calendar Update 3

Fremont Football Team Camp 4

Baby Food Festival Parade 5

June Lifters of the Month 5



## 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

# Fremont Football Youth Football Camp

YOUTH FOOTBALL CAMP

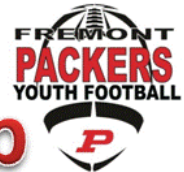
In an effort to make the Fremont Football program a complete K-12 football program, Fremont Football will be hosting a Youth Football Camp on Thursday, July 11<sup>th</sup>. At this camp we will be teaching our K-6 football players the same formations/alignment/techniques that we use at the High School level.

This camp will take place at the Fremont Football practice field from 5-8 p.m. Our players will have the opportunity to coach K-6 Fremont Football players in our system, as well as give autographs and spend time with the K-6 players on and off the practice field.

**\*ALL Fremont Football Players are expected to attend and help at the camp!\***



## Fremont Football Youth Football Camp



Thursday, July 11<sup>th</sup>

5:00-8:00 P.M.

Pre-Register at any Fremont Youth Football Sign Up, or by contacting Jeff Breuker at (231) 578-6530 or [jbreuker54@gmail.com](mailto:jbreuker54@gmail.com) or Jason Baker at (231) 250-0263 or [fremontyouthfootball@gmail.com](mailto:fremontyouthfootball@gmail.com)

Pre-Registration must be completed by Wednesday, July 3rd for Reduced Price. Please Make Checks Payable to Fremont Football.



- ♦ GRADES K-6
- ♦ Coached by Fremont Football Coaches and Players
- ♦ Stretching, Position Drills, Fundamentals, and Competitions!
- ♦ Offense and Defense Techniques
- ♦ Q&A and Autograph Session with Varsity and JV Players

\*Parent/Guardian must sign a waiver for player to participate\*



If you have any questions about the Youth Football Camp, or know of someone that would like to attend, please contact Head Coach Jeff Breuker at (231) 578-6530 or [jbreuker54@gmail.com](mailto:jbreuker54@gmail.com)

# July Calendar

**JULY CALENDAR UPDATE**

**Important July Date and Details:**

**DEAD WEEK – 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. **This is a great time to get in a final summer vacation!**

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

**7on7 Practice** – July 8, 10, 15, 17 from 8-9 a.m at Fremont Football practice field.

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

**Baby Food Festival Parade** – July 20<sup>th</sup>. 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 VARSAITY 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  
Cell: 231-578-6530  
E-Mail:  
jbreuker54@gmail.com



*July 2013*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Dead Week June30-July 7	8 W.R. 7-8am 7on7 Prac- tice 8-9am	9 7on7 @ Oak- ridge—Leave from Field @5p	10 W.R. 7-8am 7on7 Prac- tice 8-9am	11 W.R. 7-8am	12	13
14	15 W.R. 7-8am 7on7 Prac- tice 8-9am	16 7on7 HOME vs. Grant/Coop/ NM/T-C (Be @ Field @ 5)	17 W.R. 7-8am 7on7 Prac- tice 8-9am	18 W.R. 7-8am	19	20 Baby Food Festival Pa- rade 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 @ Coopers- ville (Return Af- ter 7on7)	26 Dead Week	27 Dead Week
28 Dead Week	29 Dead Week	30 Dead Week	31 Dead Week			

## ***Team Camp***

Our 2013 Fremont Football Team Camp will take place from Monday July 22-Wednesday, July 24, 2013. The Team Camp is for all Fremont Football players entering grades 7-12. **Team Camp attendance is MANDANTORY!**

At our Fremont Football Team Camp, we will break down both our offensive and defensive schemes and philosophies to the very basic building blocks that we will be using for the entire season. Attendance at the Team Camp is very critical to learning our system!

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### ***VARSITY ONLY Overnight Camp***

After Team Camp on Wednesday, July 24<sup>th</sup>, our Varsity Team will be spending the night together as a team, as well as the entire day on Thursday, July 25<sup>th</sup>, culminating with a 7on7 at Coopersville High School at 6 p.m. We will be providing transportation, and will plan on being back to the football field at about 9 p.m. on Thursday evening. All meals (Wednesday dinner/Thursday breakfast/lunch dinner) will also be provided.

Players will be expected to bring the following for the activities that are planned:

- Full changes of clothes (Including 2 pairs of shorts, 2 shirts, 2 pairs of socks, & pants if desired)
- Sleeping Bag & Pillow
- Gym Shoes
- Cleats
- Swimsuit
- Towel
- Shower Accessories

**\*Between 8:30 p.m. Wednesday until the end of the 7on7 at Coopersville on Thursday, all cell phones and other electronic devices will be required to be turned into the coaching staff. In case of any emergencies, parents can get in contact with their son by calling Coach Breuker at (231) 578-6530, or any of the other coaches on staff.\***

### **BAD WEATHER WARNING**

Team Camp (as with all Fremont Football activities) will be going on as scheduled rain or shine. If we run into a thunderstorm, we will adhere by the policies set forth by the administration, as well as the MHSAA. Please check the weather report and plan accordingly!



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## ***Baby Food Festival Parade***

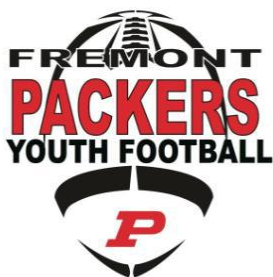
*National*  *Festival*  
WEDNESDAY, JULY 17 - SATURDAY, JULY 20, 2013

On Saturday, July 20<sup>th</sup>, the Fremont Youth Football program will be joining us in walking in the National Baby Food Festival Parade. All players are expected to attend and walk with the Fremont Football program.

We will be handing out candy as well as tossing out miniature footballs along the parade route. This is a great opportunity to give back to the community that gives our Fremont Football program so much.

**\*Meet in the Fremont Middle School parking lot at 9 a.m. wearing a Fremont Football shirt!\***

Only players that are already scheduled to walk with another organization are exempt from walking as a Fremont Football program.



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## ***June Lifters of the Month***

Congratulations to Blake Locke and Dalton Klenk, our June 2013 Fremont Football Lifters of the Month!

Both Blake and Dalton had 100% attendance at all June weight room sessions as well as all 7on7 practices. They served as great examples of dedication and leadership to their fellow teammates by being in attendance and working hard throughout the entire sessions!

We are looking forward to seeing the competition that will arise for Lifter of the Month for July!

**BABY FOOD FESTIVAL PARADE**

**CONGRATS!**