

FOREST LAKE RANGERS FOOTBALL



WORK



About Coach Beeskow

Live in Forest Lake, with wife, Haley, and daughter, Benson.

From Andover, MN, played Minnesota High School Football at Andover High School

Played college football at St. Cloud State University and University of Wisconsin - River Falls

Bachelor's degree from UWRF in Health and Human Performance, option in Exercise and Sport Science, minor in Health Education

Master's degree from Augsburg University in Organizational Leadership

Coached 4 years at Augsburg University as Wide Receivers Coach, Assistant Offensive Coordinator with duties in play calling, organization, recruiting student athletes, equipment management and more

Spent 3 years as Offensive Coordinator at the Academy of Holy Angels, 2020 & 2021 Section 5AAAA Champions

Work in Education as Senior Graduate Services Advisor at Rasmussen University



Varsity/JV Coaching Staff

Offense

Brad Beeskow - Head Coach / Offensive Coordinator / Quarterbacks

Ryan King - Wide Receivers / Special Teams Coordinator

Jesse Bade - Running Backs / JV Offensive Coordinator / Head Strength and Conditioning

Austin LeTexier - Offensive Line / Video Coordinator

Defense

Adam Burtness - Defensive Coordinator / Inside Linebackers

Casey Irish - Outside Linebackers / JV Defensive Coordinator / Youth Football President

Aaron Pavek - Defensive Line

Chris Rogers - Defensive Backs



Sophomore Coaching Staff

Sophomore

Jamie Laszczak - Head Sophomore Coach

Duane Dumonceaux - Assistant Sophomore Coach

Scotty Osborn - Assistant Sophomore Coach

Tom Terhaar - Assistant Sophomore Coach



Mission, Culture and Goals

Mission

To lead a football program and staff while educating players on the game, lessons of life, and preparing student athletes for post-graduation success. Focusing on building a successful team culture through relationship building, recruitment and retention of student-athletes, campus engagement, community involvement, and the overall wellbeing of the program in alignment with the mission of the school as a whole.

Culture

Our football team is driven by a culture of relationship building in which we seek to become better individuals on a daily basis who focus on earning respect and gaining the trust of our peers both on the field, in the building, and in our daily lives. Through mentor/mentee programs, player/coach relationships, and more, we expect to succeed because of the effort we put into our relationships.

Goals

Our football team will always be focusing on the goals that are set for our program. While we look to achieve all of our goals, it is of the utmost importance that we always preach PROCESS oriented goals, rather than RESULT oriented goals. We will focus on the process to determine what is right and by following our process we will achieve the results we expect to obtain.



Program Motto: WORK

WORK is our program motto

We always control how hard we WORK in everything we do

On the field, in the classroom, in the weight room, in our home life, in our relationships, in everything we do we focus on the WORK

Buying into the culture of who we are and who we strive to be on a daily basis



Leadership Council

Leadership Council

We are a player led football team. All successful coaches have leadership that trickles from the top down. It may start with the coaching staff but it ends with the players in the room and the understanding that it is not just one man's team, it is everyone's team and everyone is important. Because of this, we will not appoint captains based off of a vote or a popularity contest. Any upperclassmen is invited to join our leadership council in which we will host monthly meetings in order to help our student athletes grow into leaders as they look to gain the trust and respect of their teammates and coaches. During these leadership council meetings we will review leadership theories, styles, and go over situations and goals of our football team. Before the season, our coaches will then appoint 4 leaders to be named "Captain" only by title, as we will have created many more leaders than just the 4 captains who are chosen. This is an important piece to our culture as we excel in teaching leadership to all of our players.



Offensive, Defensive and Special Teams Philosophies

Offensive Philosophy

11 Personnel Spread Option

Physical rushing attack, explosive passing attack, plus one principles

22 Personnel Heavy Package

Simple but creative for 15-16-17 year olds

Defensive Philosophy

3-4 odd front blitz/attack

Formation Coverage Checks / Front Movements

Simple but creative for 15-16-17 year olds

Special Teams Philosophy

Sound and exciting

Create big plays on special teams, invest in guys who buy in

Simple but creative for 15-16-17 year olds



Expectations

Absences/Tardiness

Communication is key!

We expect players on time and present at team functions

Please communicate with position coach if adjustments are needed

Playing Time

Best players will play

We instill our culture of WORK where we work for our playing time

It is up to players, not parents, to connect with their coaches on playing time

Communication

Coach Beeskow will send out weekly updates

Team app and email list will be sent out weekly

Updates on website, social media, etc



Summer Schedule

Summer

Monday - Thursday Ranger Power

Lifting Groups at 7, 8, 9 AM

Mini Camp #1 - June 13th - 16th, 2:30 - 5:30 PM at FLHS

Joint Practice w/ Blaine - June 21st, 12:00 - 2:00 PM at FLHS

Mini Camp #2 - July 18th - 19th, 2:30 - 5:30 PM at FLHS

Joint Practice @ Andover - July 20th, 11:00 - 1:00 PM at AHS

Bemidji State Team Camp - July 25th - 27th - at Bemidji State University

7 on 7 with St. Francis, Cambridge-Isanti and Mora - June 27th, 6 PM at FLHS

7 on 7 with Park Cottage Grove, Woodbury and Prescott (WI) - July 10th, 6 PM at PHS

4th of July Parade

More TBD



Ranger Power

The most important part of our program is developing our players both on and off the field. Coaches gain trust of players by being heavily involved in this area.

Speed and Strength

Monday - Thursday (Friday off, allow them to be high schoolers with friends and family)

1 hour 15 minute workouts, 3 groups

30 minute speed work, 45 minute strength work

Technique and safety a priority

Thursday competitions

4 football coaches training your sons

7 am 10th-12th grade, split into skill and bigs

8 am 10th-12th grade, split into skill and bigs

9 am 9th graders, form and technique training



Fall Camp Schedule

Fall Camp

Monday-Friday August 15th - 26th

7:00 am - 7:45 am - Team meeting / daily goals / O&D install

8:00 am - 10:00 am Practice 1

10:00 am - 11:00 am - Off/Lunch

11:00 am - 11:45 am - Team meeting / special teams

12:00 - 2:00 pm - Practice 2 OR Lift/Walk Thru

Saturday Week 1

9:00 am - 10:00 am - Parent practice, at FLHS

Saturday Week 2

4 team scrimmage w/ White Bear Lake, Woodbury, Tartan @ WBLHS



Game Week Schedule

Game Week

Monday: Mental Monday - 2:45 pm team meet, 3:00 O/D meet, 3:30 (helmets)

Tuesday: Teach Tuesday - 2:45 pm team meet, 3:00 O/D meet, 3:30 practice (shells)

Wednesday: Work Wednesday - 2:45 pm team meet, 3:00 O/D meet, 3:30 practice (shells)

Thursday: Tune-up Thursday - 2:45 pm team meet, 3:00 O/D meet, 3:30 practice/script (helmets & game jerseys), Team Meal following practice

Friday: Finally Friday - Game Day Operation

Saturday: See it Saturday - Recap, Film/Lift - 8 am (10 AM JV game)

Sunday: Supercharge Sunday - Players Off (coaches meet 8 am)



Game Day Schedule

Game Day

Players encouraged to wear game jerseys to school, borrow jerseys to friends/family to wear

4:30pm - Team Meeting/Awards/Reminders

5:00 pm - Tape/Dress (bus if away)

6:00 pm - Specialists

6:10 pm - Full team/Warm up

6:20 pm - Indy

6:30 - Team

6:40 - PAT/Punt

6:45 - Locker Room / pregame speech

6:55 - Back to Field/Lineup/Anthem

7:00 - Game

*Postgame Meeting on field / Optional Prayer / Saturday Reminders



Fundraising

In order to maintain our standard of excellence for the program we will be active in the community and in fundraising efforts and expect all players to actively participate.

Fundraising

August 12th - Golf Tournament @ Tanners Brook Golf Course

\$100 per team, \$400 per foursome, Maroon and Gold Level Sponsorships

11:30 registration, 1:00 shotgun start

Email bbeeskow@flaschools.org to register your team!

Ranger Cards

Kick off night August 16th

Blitz Night to finalize August 25th

20 cards per player

Concessions at Home Games

Volunteers needed, see booster club

50/50 Raffle at Home Games



Costs

\$100 Summer Cost

Covers player pack apparel, bus to BSU camp, 7 on 7 referees, etc

\$160 Bemidji State Camp

Per MSHSL rules, high schools cannot pay for team camp, this is a great opportunity to develop as a team both on and off the field, but must be paid for by players

\$400 registration fee for the season

Directly to the school, covers all fees related to football season (field, bus, refs, safety equipment, etc)



Support Ranger Football

School Spirit

Apparel Store is OPEN! Closes Monday April 18th, all orders ship directly to your home
We will run 3 stores throughout the year (spring, summer, fall)

<https://forest-lake-football.spiritsale.com/products>

2022 Schedule - PLEASE COME SUPPORT AT OUR GAMES

September 1st - Home vs STMA (Youth Night)

September 8th - Away at Anoka

September 16th - Home vs Osseo (Tackle Cancer / First Responders)

September 23rd - Home vs Mounds View (Homecoming)

September 30th - Away at Hopkins

October 7th - Home vs Stillwater (Senior Night)

October 14th - Away at Roseville

October 19th - Away at Lakeville North (MEA)

October 28th - Section Semifinals



Booster Club

What We Do

Support Ranger Football program and coaching staff in organization of all events related to football season.

What We Pay For

Financially we pay for all expenses that the school does not, including but not limited to pregame meals, uniforms, helmets, extra equipment, coaching staff, apparel, etc.

Volunteer Opportunities

Please be on the lookout for opportunities to volunteer at our events this season! We need workers for varsity and lower level games, including but not limited to concession stand, chain gang, scoreboard, etc.



Booster Club Open Positions

We have some open positions on the booster club board. If interested please email president@flfootball.com

Volunteers are KEY to a successful season and we'd love to have you join us.

- VP elect, that moves into the President role 2023
- Sponsorship/Fundraising Director - can be co-chaired - responsible for acquiring sponsorships and overseeing the Coordinators.
- Pre Game Meal Coordinator - can be co-chaired. Responsible for acquiring sponsors and coordinating meals for 10th-12th the day before games.
- Concession Stand Coordinator - responsible for getting concession stand organized and assigned duties. Need to be present at the 4 home games.



Follow us!

Please download the following for real time updates on all things Ranger Football!

Stack Team App (on your cell phone)



Sign up Genius (link to sign up for volunteer opportunities)

<https://www.signupgenius.com/go/8050F4BA9AA28A5FB6-48480374-2024#/>

Our newly designed website! (www.flfootball.com)

Social Media

Instagram and Twitter: @FLrangerFB

Facebook: Forest Lake High School Football Booster Club



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*Above all else, create relationships,
energy and excitement for your program*



#WORK

