

Welcome to the 2022 Albany Huskies Athletic Meeting

“The only person you are destined to become is the person you decide to be.” Ralph Waldo Emerson

BE YOUR BEST!!!

Purple Pride!!!

Notes for 2023

Get paper copy of physical - don't rely on clinic
Incorporate JH FB and JH VB meetings

Albany Area Schools Athletics & Activities

- Scott Buntje - Athletics & Activities Director

320 845 5040

sbuntje@district745.org

- Teri Kalthoff - Activities Assistant

320 845 5069

tkalthoff@district745.org

- Twitter - Albany Huskies @AHSHuskies
- School Website - www.district745.org - will walkthrough later...
- KASM, Facebook, Star Post / Albany Enterprise

Education Based Athletics & Activities

- Students First...Athletics/Activities are place of learning...Co-Curricular
- MSHSL - Why We Play: [My Purpose Statement](#)
 - GOAL - Win! We prepare, plan and play to win, but winning is not our purpose.
 - Our PURPOSE - Teaching & Learning, Life Lessons, Human Growth & Development, Part of a Community, Connect Students with Caring Adults - Everything is Training for Something...
 - BE GOOD, RESPECTFUL, RESPONSIBLE - WORK HARD, DO YOUR BEST
 - BE YOUR BEST - PURPLE PRIDE!!!

Academic and Behavior Responsibilities...

- Albany High School AND MSHSL (Minnesota State High School League)
- Eric Bubna - AHS Principal

Needed to Participate

- Athletic Fee - contact Mr. Buntje / Activities Office if need be
- MSHSL Eligibility Form - Every Year
- Sports Physical - Good for 3 Calendar Years
- Payment and MSHSL Eligibility Form should be done via link on the Activities page of our School Website - Infinite Campus
- Sports Physical can be emailed or brought to AHS Office.

** Athletic Trainer - coverage at as many events as possible...

Fall Sports

Mon, Aug 15th: 9-12 VB, 10-12 FB, 9-12 Girl's Soccer, 7-12 CC, 7-12 Swim&Dive

Wed, Aug 17th: 9th FB

Tues, Aug 30th / Tues Sept 6th: 7-8 FB, 7-8 VB

Albany Huskies Booster Club

- GREAT supporter of Huskies Athletics/Athletes!
- Volunteerism **and** Financial Support...
 - Volunteer Ticket Takers...
 - JH Discus Pad, CC/T&F Canopy, Ken Klemmer Awards, 3 Sport Athlete Blankets, Wt Room, WR Mat, Training Room Supplies, SB Batting Cage, Swim Parkas, FB Play Clocks, Lime, Training Tables, Med Kits, Herges Stadium Scoreboard, HUDL, Bus to Spartan Challenge, State Champ Banners...

Shanna Gerads - President

* Teal's 1%, Online Apparel Order (through Aug 15th), Softener Salt Sale, Hamburger Stand, ...

Please join and support - Membership forms can be found tonight in the lobby of the BEAT, on the Athletics & Activities page of our school website or scanned here.



Name(s) _____
Address _____

Phone _____
E-Mail _____

Membership Dues: \$10 per person \$20 per family

TICKET TAKING

Huskies Booster Club members are called upon to volunteer for ticket taking at sporting events throughout the year - usually one event a year. Please circle the sporting event that you would like to take tickets at:

FALL
football volleyball swimming

WINTER
boys basketball girls basketball wrestling

FUNDRAISING

The Huskie Booster Club has a couple of main fundraisers during the year - the Hamburger Stand at the Albany Heritage Day celebration, a softener salt sale with delivery in September and being a part of the 1% rebate program at Teal's in Albany (receipts from the Albany Teal's Supermarket can go to Mr. Buntje at Albany High School). Help is always needed at the Hamburger Stand and Salt Delivery - Please circle the event you would like to help at: HAMBURGER STAND SALT DELIVERY

Albany apparel is available through J and J Athletics at the website listed below. A portion of the sales from each open period will be returned to the Huskie Booster Club.



Albany Booster Club members may also be asked to supply assistance at other events hosted by Albany Athletic Programs.

Please return the top portion of the flyer and membership dues to:

Huskies Booster Club
Box 194 • Albany, MN 56307
sbuntje@district745.org

<https://albanyspiritwearfall2022.itemorder.com/>

School Website

Albany Area Schools Website

www.district745.org

[Tickets/Stream](#)

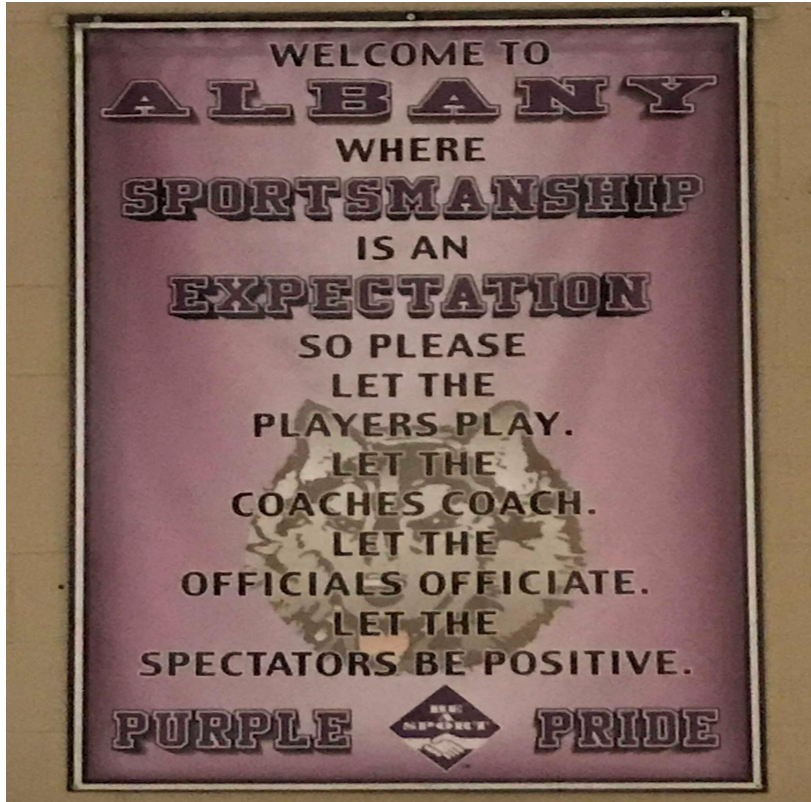
Parent/Guardian Code of Conduct / Expectations

- The purpose of this code is to develop parental support and positive role models in all Albany Huskies athletics and activities. The purpose of all Albany Huskies athletics and activities is to help your child grow and to promote the physical, mental, moral, social and emotional well being of each student. Parents/Guardians are an integral part of this process.
 - We need your help - General Behavior, Role Modeling, Representing AHS / Albany Athletics, Communication Chain, Chemicals...
- Doc Rivers - “Good job, keep working.”
Terry Francona - “Did you have fun? Did you hustle? Did you try your best?”

WORK HARD - BE YOUR BEST

PURPLE PRIDE!!!

Sportsmanship / Character



BE YOUR BEST!!

Every person involved in, and attending, our events has ONE of these roles and deserves a safe environment.

<https://www.mshsl.org/officials-judges/officiating>

Knowing, understanding and maintaining your role AND supporting others in their role will make athletics much more enjoyable and beneficial for ALL of the participants and spectators.

Control the Controllables - attitude, effort, actions/reactions, emotions, comments, treatment of others...

Tony Dungy - "Things will go wrong at times. Your options are to complain or to look ahead and figure out how to make the situation better."

Huskie Sports Performance

- HSP (formerly HITS)
- Aaron Schwenzfeier - Head Strength & Conditioning Coach
- Mon-Wed-Fri on school day:
 - 6:30a-7:45a, 3:15p-4:30p
- Mon-Wed-Fri on a no school day:
 - 1 session - Time TBD
- Summer Program - very successful
- MULTI-SPORT!!!

Aaron Schwenzfeier

Aaron is in his 2nd year as a physical education teacher and head strength and conditioning coach at Albany Area Schools. Aaron has six years of physical education teaching experience and over 20 years of athletic development/strength and conditioning experience having worked with athletes ranging from youth up to professional and Olympic athletes. For 10 of those years, Aaron was the Associate Director of Strength and Conditioning at the University of North Dakota with men's basketball, women's volleyball, football, women's soccer, track and field, and swimming and diving. Outside of his time in Division I athletics, Aaron has seven years experience as a head high school strength and conditioning coach and three years as a small business owner running an athletic performance training business.

Aaron is a Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association, a Certified Collegiate Strength and Conditioning Coach (CSCC) with the Collegiate Strength and Conditioning Coaches Association, and is Functional Movement Screen (FMS) certified. Aaron holds a Master's Degree in Kinesiology and a Bachelor's Degree in Physical Education.

Aaron and his wife, Margo have three children, Eva, Reggie, and Chyles.

https://drive.google.com/file/d/12uzysm1Ch5dbLaSYi2IH47mOOMh6qxC/view?usp=drive_web

Thank you!!!

- Thank you Aaron Schwenzfeier
- Thank you for your attendance and attentiveness.
- Reminders: Sports Physicals and Registration!!!
 - Booster Club Membership Forms, Sign up for Notify Me
- Please contact me with any questions, comments, concerns, etc.
- Fall Sports Team Meetings:
 - 7-12 Swim & Dive - BECC
 - 7-12 Cross Country - Lecture Hall (Little Theater)
 - 9-12 Volleyball - Main Gym (Enter through main spectator doors)
 - 9-12 Football - BEAT
 - 9-12 Soccer - Room 214 (Mr. Maas' Classroom)

BE YOUR BEST!!! Purple Pride!!!