

Mississippi Valley Conference Champions

1996, 1997, 2004, 2006, 2016,

2017, 2019, 2022, 2023

WIAA Playoff Qualifier 13 Consecutive Years

April 24th, 2024

To our Onalaska Football Families,

Spring sports are in full swing but football season is not far off so I wanted to get everyone on the same page heading into the summer. For those in spring sports we as a coaching staff look forward to watching you compete. For those athletes who are not, the expectation for our high schoolers is that you are at the weight room on Monday, Tuesday, and Thursdays lifting with ETS. We have seen amazing gains by our athletes who attended consistently this winter. The only way to reach your full potential and have the most successful season possible is through the weight room and our training staff are experts in making our athletes better. Athletes that are not attending ETS are simply missing out on an opportunity to make themselves the best athlete possible. You do not get the same training working out on your own at the Y or Planet Fitness. [SIGN UP FOR SUMMER SCHOOL HERE](#)

The past seasons have been some of the most successful and rewarding in the history of our program. We have one five of the last seven conference championships and done some really special things as a program. The foundation of all of that success has been the hard work that our players have put in on a daily basis. None of our success has been simply by luck or chance, there has been a deliberate effort to elevate ourselves to a spot where we will be competing at a state level on a consistent basis. We strongly believe as a coaching staff that a state title game appearance is on the horizon and should be the level in which our program aspires to end its season every year.

As a staff, and as a head coach I want to continue focusing on creating young men (and women) that leave our program better than when they entered it. Our staff has made it an emphasis this off season to evaluate our core values as a staff and make sure they align with the direction we want our program to go. We then work hard to pass on those core values through our spring book study which this year has been "Win in the Dark."

To our incoming freshmen I want to welcome your families into ours. Our freshmen program does a great job of developing character, teaching responsibility, setting the stage for what our football program is about, and most importantly doing all of this while keeping the game fun. While our freshmen program has been incredibly successful during Coach Lichty's time here, the goal is to have every kid that comes out for freshman football return to the program as a sophomore. If we can keep growing our team we know that even greater successes are ahead of us.

On the back of this letter is a detailed list of dates you will need to know along with any other information that would be helpful going into the summer.

Pound the Rock!

Tom Yashinsky

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1. Football starts **August 6th**. Please do everything you can to get your vacations in prior to that date so your athlete does not miss a full week of practice. If circumstances are unavoidable we work with them, we do not want anyone to not come out because of a vacation, but being at practice is incredibly important in knowing our scheme and earning playing time.
2. **May 15 @ 6pm** there will be a parent meeting in the OHS Commons. This will be a 45 minute meeting.
3. Schedule your physicals ASAP! Players will not be allowed to practice unless physicals are in by the first day of practice. If you are unsure if you need a physical or not, contact me and I can help find that out.
4. Summer speed and strength training through ETS (Elite Training Systems- our contracted strength coaches) will be Monday, Tuesday, and Thursdays. Anyone who also plays basketball, is a junior or senior should sign up for the 7:00 am session. Any sophomores and incoming freshmen should sign up for the 7:45am session. There will be a middle school session around 10:00 am as well. Sign up is live at <https://www.onalaskaschools.com/families/summer-school> If you have any questions contact me at yasth@onalaskaschools.com
5. Our summer contact days are scheduled for **July 15th-18th 4pm-7pm**. This is a 9th-12th grade event. We combine with Aquinas for these and are a great kick start into football. Attendance is not required- do not cancel/alter family vacation if it's already scheduled.
6. Picture day will be **Thursday August 15th at 8am**, practice will follow in the morning and be done by Noon that day.
7. Our 9th-12th grade scrimmage will be **August 16th at 11am at home**.
8. Our Mom's Breakfast will be **August 17th at 9am** in the Commons- For all players in all grades along with their mother for female figures in their lives.
9. First game is August 23rd at home against West Salem, 7:00pm.
10. Apparel stores will be open in May so we get our gear in plenty of time for the season.
11. We will have practice on Labor Day, **September 2nd at 3:30pm**. (Freshmen schedule may vary from this)
12. 10th-12th Grade will have weight lifting on Mondays and Wednesdays at 2pm starting the 2nd week of practice and it will be at 6:15am on Mondays and Wednesdays once school starts.

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ONALASKA FOOTBALL

2024 SEASON

AUG 23	VS WEST SALEM	7PM
AUG 30	@ MEDFORD	7PM
SEPT 6	@ HOLMEN	7PM
SEPT 13	VS LAX CENTRAL	7PM
SEPT 20	@ LAX LOGAN	7PM
SEPT 27	VS REEDSBURG	7PM
OCT 4	@ SPARTA	7PM
OCT 11	@ BARABOO	7PM
OCT 18	VS TOMAH	7PM
OCT 25	LEVEL 1 PLAYOFFS	7PM
NOV 1	SECTIONAL SEMI FINAL	7PM
NOV 8	SECTIONAL FINAL	7PM
NOV 15	STATE SEMI FINAL	7PM
NOV 22	STATE CHAMPIONSHIP	10AM



POUND THE ROCK