

Success is no accident. It comes from hard work, dedication, and sacrifice. Hudson's football team knows this well.

ON point

by junior Kylee Sallee

In the past three years alone, they've made it to the playoffs, been state runner-ups, and finished as state champions. But, Hudson's football coaches want their players to not only be a success on the field but in life. That's why they are raising the bar.

"We want the kids being active, both in sports and in the community," said head coach Justin Brekke, who has been at the helm of this team's success since 2013.

To accomplish this goal, the football coaches introduced a point system at the team's final film viewing. Starting Dec. 2, athletes will be able to score points throughout the year for things like lifting, going to Speed and Agility training, attending camps, competing in other school sports during the winter, spring, and summer seasons, as well as participating in community service throughout the year. Failing classes or any violation of the Hudson High School Conduct Code Policy will result in the deduction of points.

The points earned aren't going to be used to determine

play, but rather to establish a sense of pride. When the designated point goal is met, players will receive logo stickers and five pride stickers to put on their helmets. The coaches believe the point total will push the athletes but is still very much in reach.

"Our goal is for 100% of the football team to reach the point total," said assistant coach Zane Sittig.

The Pirates are not the first team to use such a system. Coach Tom Wilson, who coached now Hudson assistant coach Trent Simpson when he was a player at Dowling Catholic in Des Moines, first created the system when Wilson coached prior at Dike-New Hartford. Today the point system is still used at both Dowling Catholic and Dike-New Hartford.

Wilson and his point system have proven to be successful through a six-year run of state titles. Coaches at Hudson hope to have the same success with implementing the system, potentially decreasing the amount of "rebuilding" seasons like the 2019 one.

Many of the players agree that the system will help hold the team accountable.

"After winning the football championship, we all had our minds set on the rings. We forgot the hard process it takes to get to that point," said junior Joe Culham.

But, the goal of this new program is to do more than just win championships; it's to help these young men win in life.

"This is all about building good habits," said Sittig, "- good habits to build better athletes but also good students and good citizens."

However, certain students feel as if they may be at a disadvantage from the beginning. For example, in the summer, some rouge and are unable to participate in the provided programs.

The coaches understand with this being the first year, there may be flaws with the system, but they are committed to finding opportunities for everyone to achieve success. Now, players are excited to have an opportunity to prove their skills and character off the field too.

"I may not be an amazing football player, but this is a way for me to show more than my football skills," said junior Daniel Pettit. "It shows the community who you [really] are."

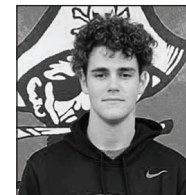


photo courtesy of Hudson Strength & Conditioning Facebook
Freshman Kason Ingamells was recognized as Lifter of the Week the first week in December. Ingamells is one of dozens of football players dedicated to lifting in the off-season, which also earns them points. Some players also earned points by helping set up and tear down the Vendor Fair held Dec. 7, a fundraiser for the 2020 After Prom.

YOU are what you EAT

by senior Sophie Selenke

With wrestling season in full swing, many conjure up images of athletes obsessively watching what they eat. But, Hudson athletes, regardless of gender or sport, seem to all agree that food is not the enemy but a necessity, that food is fuel.

PRE-GAME

STORE UP

avoid trans foods

DO: A meal high in carbohydrates boosts the body's quick energy storage and the athlete's ability to exercise longer.

DO: The night before, athletes should consume 1.5 grams of carbohydrates per pound of body weight.

DO NOT: Loaded with trans fats, junk foods provide an initial burst of energy, but athletes will quickly crash after consuming them.

CHARGE UP

avoid high-fat foods

DO: At least, 30 minutes before a game, try to drink about 14 ounces of water to prevent dehydration, maintain normal muscle function, and regulate body temperature.

DO: An hour before the event, eat one gram of carbohydrates for each kilogram of body weight.

DO: Two to three hours before a game, try to eat two to three grams of carbohydrates for each kilogram of body weight.

DO NOT: Athletes should not eat high-fat foods or eat directly before their game. Eating too much before a game can cause a stomach ache, and, since fat exits the stomach slowly, this can cause cramping.

POST GAME

REBUILD

avoid high-fat foods

DO: Meals full of proteins and fruits and vegetables contain vitamins essential for repairing muscle damage that occurs during an athletic match-up.

DO: Athletes should consume 20 to 40 grams of protein in their post-game meals to increase muscle growth and stimulate muscle repair.

DO NOT: One gram of fat requires nine grams of energy to be digested, so high-fat foods slow down digestion, leaving the athlete recovering a lot more slowly.

GAME DAY

RESTORE

avoid sodas

DO: Water and sports drinks help with electrolyte replacement and restoration of carbs, while not upsetting the stomach.

DO: For every 15-30 minutes of exercise, athletes should drink six to 12 ounces of a sports drink.

DO NOT: Sodas cause stomach discomfort and don't provide the athlete with enough energy to get through a game.

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