

# YES WE CAN FOUNDATION



## A NEW ERA FOR GFC FOOTBALL

### A MESSAGE FROM COACH SCHAUER

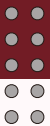
2023 was a season of ups and downs for GFC Football. After starting the year 1-3, we were able to win the Cushman Classic and start our second half of the season strong.

Ending the regular season at 5-4, we were able to knock off Fargo South 42-10 in the opening round of the playoffs. From there we traveled to Jamestown to win a thriller against the defending back to back state champions 14-13 to clinch a spot in the state championship for the first time since 2005.



The state championship didn't end in the fashion we wanted it to, but our boys fought hard and made our school extremely proud!

From here, we continue to work. To have success, you have to earn it. You earn it in the weight room. Coach Carr runs our weight room and is one of the best out there. We lift four days a week until August and our boys understand this is where success is built!





# KNIGHTS SELECTED TO ALL-CONFERENCE TEAM

Nine Central Athletes were Selected to the 2023 All EDC Conference Team. Jack Simmers, Tyler Whalen, Erick Paye, Tray Kuntz, Caden Johansen, and Gabe Tande were all selected to represent GFC on the All-Conference Team. Leo Strandell, Keagen Houser, and Ross Wilber were selected as All-Conference Honorable Mention.



## Passing Leaders

| NAME       | GAMES | CMP | ATT | CMP %  | YDS | YDS/ATT | YDS/GAME | LNG | TD | INT | SACKED | RAT |
|------------|-------|-----|-----|--------|-----|---------|----------|-----|----|-----|--------|-----|
| J. Simmers | 12    | 58  | 116 | 50.00% | 947 | 8.16    | 78.92    | 61  | 11 | 13  | 6      | 69  |
| N. Morkve  | 5     | 13  | 32  | 40.63% | 191 | 5.97    | 38.20    | 63  | 2  | 1   | 0      | 68  |

## Rushing Leaders

| NAME        | GAMES | CARRIES | YDS | YDS/CARRY | YDS/GAME | LNG | TD | FUM |
|-------------|-------|---------|-----|-----------|----------|-----|----|-----|
| J. Simmers  | 12    | 191     | 971 | 5.08      | 80.92    | 55  | 12 | 2   |
| C. Johansen | 9     | 136     | 656 | 4.82      | 72.89    | 28  | 3  | 3   |
| G. Tande    | 12    | 79      | 438 | 5.54      | 36.50    | 48  | 4  | 1   |
| N. Fisher   | 8     | 5       | 34  | 6.80      | 4.25     | 13  | -  | -   |

## Receiving Leaders

| NAME         | GAMES | REC | YDS | YDS/REC | YDS/GAME | LNG | TD |
|--------------|-------|-----|-----|---------|----------|-----|----|
| L. Strandell | 10    | 17  | 378 | 22.24   | 37.80    | 63  | 4  |
| T. Kuntz     | 12    | 27  | 361 | 13.37   | 30.08    | 46  | 6  |
| E. Paye      | 11    | 8   | 139 | 17.38   | 12.64    | 57  | 2  |
| J. Simmers   | 12    | 11  | 134 | 12.18   | 11.17    | 32  | 1  |

# Season Offensive Stats



# KNIGHTS SELECTED TO ALL-STATE TEAM

[Click here for the GF Herald Article](#)

Five Central Athletes were Selected to the 2023 All-State Team. Jack Simmers, Tyler Whalen, Erick Paye, and Tray Kuntz were selected for 1st Team All-State Team and Gabe Tande was selected to the 2nd Team All-State Team.



## Season Defensive Stats

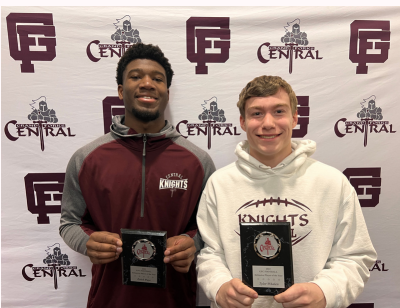
### Defensive Leaders

| NAME        | GAMES | TACKLE | SOLO | ASSIST | SACK | TFL | INT |
|-------------|-------|--------|------|--------|------|-----|-----|
| T. Whalen   | 12    | 86     | 46   | 40     | -    | 3   | 2   |
| G. Tande    | 12    | 70     | 36   | 34     | 2    | 4   | 1   |
| J. Simmers  | 12    | 56     | 35   | 21     | -    | 2   | 4   |
| E. Thompson | 11    | 51     | 22   | 29     | 2    | 4   | 3   |
| E. Paye     | 11    | 47     | 32   | 15     | 8    | 14  | -   |
| T. Kuntz    | 12    | 44     | 24   | 20     | 2    | 5   | 1   |
| N. Fisher   | 8     | 42     | 26   | 16     | 4    | 7   | -   |
| C. Johansen | 9     | 37     | 11   | 26     | -    | -   | -   |
| B. Griffore | 12    | 32     | 25   | 7      | -    | -   | -   |
| B. Wocken   | 10    | 26     | 9    | 17     | -    | -   | 1   |
| B. Dirckx   | 11    | 20     | 14   | 6      | -    | -   | -   |
| S. Fontaine | 8     | 17     | 5    | 12     | -    | -   | -   |

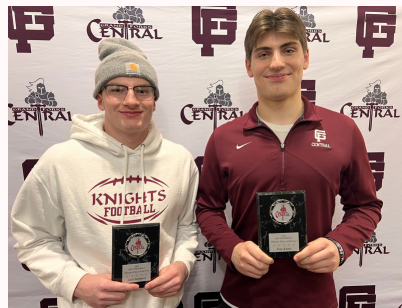




## SEASON AWARD WINNERS



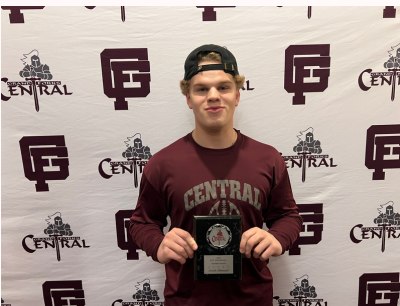
**Defensive Players of the Year**  
Erick Paye and Tyler Whalen



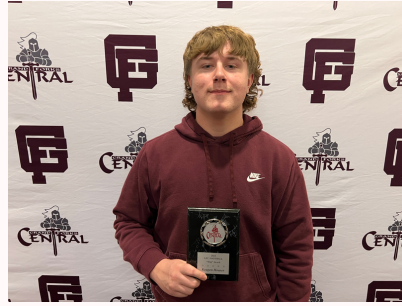
**Offensive Players of the Year**  
Jack Simmers and Tray Kuntz



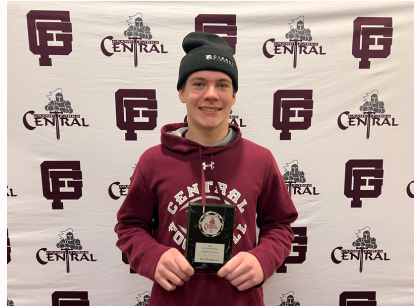
**Special Teams Player of the Year**  
Ross Wilber



**Arnie Bakke Award**  
Jonah Ohnstad



**Hog of the Year**  
Keagan Houser



**Rookie of the Year**  
Eli Thompson



**"Iron Knight" Award**  
Lucas Fischer





## GETTING TO KNOW COACH PHILPOT



**Name:** Len Philpot - Class of '95

**Position:** Defensive Coordinator  
25 Years on staff

**Family:** **Wife:** Heidi (Erickson) Philpot - Class of '95  
**Children:** Kacy Philpot - Class of '20, Bryce Philpot - Class of '23, Brock Philpot - Class of '29

### Why do you coach football?

I love the sport and the life lessons that it can teach. I want to have a positive impact on the student/athletes and encourage them to become good players and great people that will positively contribute to our communities.

### What is your Favorite Memory as a football Coach?

There have been many over the years, including three State Championship appearances, but my favorite part of GFC football is how we are a family. We preach to the players about being a part GFC Football family when they become part of the program, but it's not just the players and coaches, but our own families that are part of the program too. I have been lucky that my family has had the opportunity to be part of this program while I have been coaching. My wife Heidi (Class of '95 - former football/hockey cheerleader) has helped on the sidelines as a team physician, my daughter Kacy Jo (Class of '20) was a trainer, my son Bryce (Class of '23) was a WR/DB and a long snapper, who worked with Coach Landry for years prior to becoming a Knight, and my youngest Brock (Class of '29) has been a ball boy for many years and will start playing in the Fall of '25. I am grateful to have shared my life as a coach with my family and love how GFC football has become an important part of their life as well. We are all better for being a part of the GFC football family, Yes We Can!



## CURRENT NEEDS OF THE PROGRAM



At this time, here are the major equipment needs for the program. These are things the team uses at least weekly and many of them daily.



**Player travel bags** - 60 to replace worn out bags

**Tackle Wheels** - Currently have 4, need more to teach proper, safe tackling techniques

**Half Round Bags, Blocking shields and standup dummies** - Squirrels got in the old shed several years ago and tore up the bags. Most bags are held together with duct tape, packing tape, etc.





## YES WE CAN FOUNDATION: UNITING ALUMNI FOR SUCCESS ON AND OFF THE FIELD

Dear Yes We Can Foundation Members,

As a proud Central High School football program alum, it's been an honor to join this remarkable initiative. The Foundation has become a beacon of optimism and support for our alma mater's football program, leaving a positive impact on our community.

**A Call to Alumni Action:** Entering our second year, the success of the Yes We Can Foundation relies on the unwavering support of our alumni. Serving as a lifeline for the Central High School football program, it reflects our enduring spirit and shared belief in the transformative power of sports.

**Celebrating Triumph:** Central High School at the Dakota Bowl 2023: I'm excited to report the recent successes of the Central High School football program, culminating in their triumphant journey to the Dakota Bowl in 2023. This journey embodied the values of teamwork, determination, and resilience, bringing immense pride to all of us.

**Acknowledging Business Donors:** A Vital Piece of the Puzzle: The Foundation's success owes much to the generosity of our business donors. As we look to the future, we hope to grow our network to address the critical need to update outdated and dangerous equipment.

**Growing the Alumni Network:** Your Involvement Matters: Reflecting on our growth, we urge more alumni to join this exceptional group dedicated to uplifting the next generation of athletes. Your support is crucial to ensuring the Foundation remains a cornerstone for Central High School's football program.

**Impactful Use of Funds:** Your contributions have made a tangible difference, providing meals, covering team camp fees, offering scholarships, and updating equipment. Your continued support ensures a safer and more enriching experience for our student-athletes.

Sincerely,

Jared Gowan  
Yes We Can Foundation – Vice President





### Save the Date:

2<sup>nd</sup> Annual Yes We Can Foundation Golf Scramble & Social

Monday, June 24<sup>th</sup> at the Lincoln Park Golf Course

Golf in the early afternoon with a social to follow at the GF Curling Club

4 Person Teams (Limit of 18 teams)



All proceeds directly benefit GF Central Football program

## Golf Scramble Info

Contact Andrew Schultz

**701-330-6903** or

**[andrew.schultz@chsinc.com](mailto:andrew.schultz@chsinc.com)**

to reserve your team today

## Quick Party Highlight Videos

Thank you to **Gabe Randall** for all of his work on making our highlight videos for each quick party. Videos can be found on YouTube and search GFC Video Production or click on the link below.

[GFC vs Red River](#)

[GFC vs Jamestown](#)

[GFC vs Fargo South](#)

[GFC vs Fargo North](#)

[GFC vs Wahpeton](#)

[GFC vs Devils Lake](#)

[GFC Quarterfinals](#)

[GFC Semi-Finals](#)

[Dakota Bowl vs Fargo North](#)

## GFC Football Pictures

Another special Thank you to **Lael Schmidt** for continuing to take pictures for Central Football! Lael has been taking picture for us since 2008! Click on the link below to see his pictures from this season.

[Link to Pictures](#)

## DONATE TODAY!

Do you want to help and support Grand Forks Central Football? The Yes We Can Foundation will be covering the cost of the Post-Game Meal for players after this playoff game. Please consider donating through Venmo or by signing up on our website. Use the information below to support your Knights!



**venmo**

[Click here to donate on our website](#)



# Thank You To Our Sponsors

