

YES WE CAN FOUNDATION



GRAND FORKS CENTRAL FOOTBALL
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“Our mission is to raise funds to support the Grand Forks Central High School football program, as well as other local programs, subject to Board approval, provided those local programs uphold the core values of the Foundation. Funds may be used to purchase equipment for local programs, upgrade technology, upgrade locker rooms, purchase meals for teams, provide scholarships, fund memorials for the Grand Forks Central Football family, and provide support for local programs and students/student-athletes as needed.”

Equipment Update

YES
WE CAN

What else can we say as a board other than THANK YOU!!! When we started this foundation and officially launched on February 3rd, we hoped we would have tremendous support from our alumni and businesses with Central ties. Well, we have indeed had tremendous support. To date we have received over \$17,000 in donations which has allowed us to get the following done:

- Donate \$1,000 for the football team to go to the UND team camp
- Award three - \$500 scholarships to graduating seniors
- Order the Trap Chute that is shown in the picture (\$5,700)



We are very close to being able to accomplish these next tasks to help the program:

- Purchase a new 5-man blocking sled (\$6,700)
- Provide meals for the teams at each level after games this upcoming season which costs roughly \$300 after each road game
- Make sure any player that needs financial assistance to pay for cleats, gloves, etc. can get the items through the foundation

If you have donated to the foundation, THANK YOU. If you have not yet donated, it is easier than ever. Our web designer, Travis Vinje, has it set up so you can now donate by going to gfcyeswecan.org/donate. You can make a one-time donation or you can set it up to donate monthly, quarterly or annually. You can still mail a check or go through Venmo or PayPal but this link will provide the most convenience.

We also have seventeen businesses/organizations that have ties to either GFC that have made donations to the foundation. If you have a business or work for a business that would like to donate, please reach out to us at gfcyeswecanfoundation@gmail.com.

We will be having our golf event and social on June 26th. It is sure to be an exciting day and a great way for us to not only raise some more funds but also get former teammates and coaches back together to relive some tremendous memories.

Take care and see you at our golf event on June 26th.

A handwritten signature in black ink that reads "Paul Strande".

Paul Strande

Yes We Can Foundation - President

Origin of The GFC Helmet Logo

When Coach Berg was named as Central’s head football coach for the 1979 season, he hired Randy Wilson, a GFC alum and former player at North Dakota State School of Science and UND, as quarterback coach. After that first season, Randy, who had his degree in art and special education, created a manual for the QB’s. It included coaching points drills, and a number of diagrams and images of proper techniques, etc. Many of the designs were hand drawn and actually screen printed on heavy paper.

The cover page included the GFC helmet – an original design created by Coach Wilson. It was unique and the letters themselves were a great fit for the helmet shape. The design was immediately adopted, and numerous discussions were held about how to best use it. The school nickname at the time was Redskins, and “Skins” was the decal on the helmets (an original is on display in the gymnasium lobby). The helmet design was used on apparel, hats, and items such as stationary and notebooks. It became our “official” football team identity.

When the school district dropped the Redskin nickname, the interlocking GF was applied to both sides of the helmets for one season. A decision was made after that season to use the unique and well identified GFC design on only one side of the helmet. The design was used from 1994 until 2022, when a decision was made to return to the interlocking GF as a standard for all Central athletic teams.



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The Leather Helmet

A Letter from Coach Ron Bergh

The game of football goes back in time to the 1870"s. Some of us old guys that played for GFC back in the day have often been asked when we play for Central. I will often reply jokingly, "back in the leather helmet days" when you could fold your helmet together and carry it in your pocket! Although that is not true I'm surprised by how close I was to playing in that era. I started playing tackle football at Valley Jr in the fall of 1957. Plastic helmets were not even invented until the early 40"s. The first plastic helmet was invented by John T. Riddell. Interesting enough it wasn't until 1943 that the NFL instituted a rule requiring ALL players to even wear helmets!



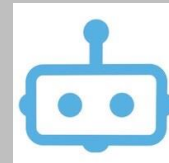
In 1949, The NFL officially adopted the plastic helmet. Without going back and checking yearbooks, I would guess that GFC football players were still wearing leather helmets into the mid to late 40's, if not longer.



What is the point of all this football helmet history? In the fall of 1972, I was selected to be the head football coach at GFC. It was my first job after graduating from UND and then spending three years in the Army. At that time, the GFC football locker rooms and practice fields were located at Valley Junior High School. When I first opened up the equipment storage room to inventory everything, I found stashed, over in a corner, boxes of old leather helmets. Yes, quite literally the ones you could squeeze together and carry in your pocket! Just how many were there I don't remember but there were several boxes. Some of the helmets had pigmentation of maroon and gray in the leather.

(Article continued on next page)

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The Leather Helmet (Cont.)

Just recently I started looking on eBay for the value of leather helmets used back in the day. The leather helmet days actually go back into the 1890's with a wide variety of different types used through the decades. Today's value of leather helmets also varies on eBay but many are listed for \$150 to \$500. A MacGregor Authentic H612 used by the University of Michigan in the 1940"s sells for almost \$900.

Yes, those GFC leather helmets are probably worth a small fortune in today's market If donated to the GFC "Yes We Can" Foundation they would provide a nice little money maker! The obvious question is what did I do with these old leather helmets when I first discovered them in our equipment room? Well, I must confess that in order to make room for new equipment and needing additional storage space, I shitcanned those leather helmets! If I had only known! But my mom back in the late 1960's threw away my baseball cards which included a 1952 Mickey Mantle rookie card. If she had only known!

Ron Bergh GFC 1963
Former Head Coach
Former Assistant Coach

YES WE CAN FOUNDATION

Inaugural
Golf Tournament

Lincoln Golf Course
Monday, June 26th, 2023
9:00 AM – Check-In
10:00 AM – Shotgun Start

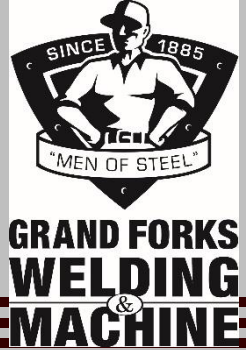
\$150.00/golfer (includes green fees, cart, 2 mulligans, 2 meals, drinks at the social and tickets for prizes at the social)



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Weight Room

Every off-season seems to look a little different. The focus of this off-season for our football team has been consistency and accessibility. Most schools of similar size have found a way for their athletes to lift during the school day to ensure all athletes are getting their lifting sessions in consistently. GFC does offer numerous weight lifting classes and we are emphasizing that all of our players need to be enrolled in a lifting class that fits with their schedule. Through constant communication, we have seen tremendous growth in the consistency of our player's weight room attendance.



Another aspect we have added to our off-season training is an in-team competition. Starting after Christmas Break, we divided our team into eight even teams (one per coach) and set rules and guidelines for how to earn and lose points. This program has added an extra element of competition to our team which is always a good thing.

Coach Spotlight: Coach Carr



With all the talk of the weight room, it would be a mistake to not mention GFC's Strength Coach: Stetson Carr. Coach Carr has been instrumental in the organization and implementation of everything that occurs in the weight room. His programs and ideology on training have been vital in helping our athletes improve and stay healthy. On top of being the Strength Coach for all GFC athletic programs, Coach Carr is also our current Special Teams Coordinator while coaching the Wide Receivers and Defensive Backs.

Background Information:

Coach Carr is entering his 5th season as the special team's coordinator and assistant coach with Grand Forks Central. The Hazen, ND native played football at the University of North Dakota, where he earned his B.S. in Kinesiology and Physical Education. He now teaches Physical Education at Grand Forks Central and serves as the weight room Strength & Conditioning Coordinator.

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Congratulations to our Inaugural Scholarship Winners



L to R: Nolan Macki, Bryce Philpot & Zac Kuznia

Nolan Macki

Nolan will be attending the University of Minnesota - Duluth in the fall of 2023. Nolan plans to major in Social Studies Education. Quote from Nolan, "All told, I think that the program helped me realize who I was able to become as long as I was willing to take risks, allow myself to get close to people I didn't really know, and put my time, effort, and heart into something I was passionate about."

Bryce Philpot

Bryce will be attending the University of North Dakota in the fall of 2023. Bryce plans to major in Medicine Health Sciences. Quote from Bryce, 'I consider myself lucky to be a part of the GFC football program. No matter what life brings, I will always remember what can happen when even just one person believes that "YES WE CAN".'

Zac Kuznia

Zac will be attending Valley City State University in the fall of 2023. Zac plans to major in Exercise Science. Quote from Zac, "Central Football also showed me that it doesn't matter where you start if you work hard enough you can achieve your goals. Central Football has taught me that if you are persistent and keep working hard good things will come your way."