

St. Paul Central Minuteman Football

Welcome to St. Paul Central and your interest in Minutemen Football. We are very proud of having won the St. Paul City Conference and the District Conference 10 times during our tenure. **Two major reasons for our success include the participation of our players in our summer weightlifting, speed and agility program ETS. The cost for the program is \$200 for the entire summer.** (Scholarships are available)

We will conduct a 1-week training camp June 6th – June 10th from 3:30 – 5:00 in the stadium. The summer program will follow. Training sessions will be Monday, Tuesday and Thursday's throughout the summer from 3:30 – 5:00. Our experience at Central demonstrates that **players who train in the summer and learn to weightlift are far less likely to be injured severely in football.** In fact, a three-year study of high school football by the University of Florida “shows that players who follow a controlled strength-training program reduce their chances of suffering from severe injuries”. **Incoming freshmen are encouraged to attend and those who do almost always have more success their freshmen year of football.** If you have any questions about joining the summer program, please feel free to contact me at 651-744-5081 or 651-208-9410. We hope to see you this summer so that you can become acclimated to the Central football tradition and “can hit the ground running” **when the season starts on Monday, August 15, 2022.**

Scott Howell
Head Coach



Saint Paul City Conference Champions!
2008, 2009, 2010, 2011, 2012, 2013, 2014
2014 Section Runner – Up,
2015 Maroon Division Champions, 2021 Red Division Champions