



MHB

GRAB A HANDBOOK!

MHB VIKING 2026
PARENT MEETING



WHAT THIS MEETING WILL COVER



01 Coaching Staff

02 Gridiron Club

03 What To Learn / Safe /
Priorities

04 Equipment

05 Varsity Games

06 JV/Fresh Games

07 Chain of Command

08 Grades/Attendance

09 Band App

10 Core Values / Theme /
Contact



COACHING STAFF

Bret St Arnauld

Head Football Coach/Defensive Coordinator/RB/DL

Chris Balbach

Varsity Offensive Coordinator/WR

Matt Goff

Offensive Assistant/QB

Gerry Rick

Offensive Assistant/OL

Eric Ellestad

Defensive Assistant/LB

John Wilson

Defensive Assistant/DL

Aaron Mack

Matt Aeschlimann

Defensive Assistant/DB

Malik Winston

JV Offensive Coordinator/JV HC

Jacob Wright

Offensive Assistant/OL

Colton Bluhm

JV Defensive Coordinator

Seth Thompson

Freshman Offensive Coordinator

Brian Nutter

Freshman Defensive Coordinator

Kirk Kiry

Freshman/JV Assistant



MHB GRIDIRON CLUB

Want to **JOIN** Part

Cost To

Join:

Single

\$0 =

Single

\$75 =

Couple

\$75 =

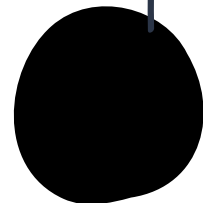
Couple

GRIDIRON

HELP THE FOOTBALL PROGRAM AND PROVIDE OUR ATHLETES WITH THE BEST OPPORTUNITIES AND EXPERIENCES AVAILABLE BY JOINING THE MHB GRIDIRON CLUB

MHB GRIDIRON CLUB

Things We've Bought...



FINDING INFORMATION ON WEBSITE



MHB Football

High School

Youth

Gridiron Club

Camps

Alumni Club

BBQ Bash Tickets

MOUNT HOREB - BARNEVELD FOOTBALL



2026 VIKINGS FOOTBALL



WEEK 1
8/21/2026
vs Grafton



WEEK 2
8/28/2026
@ Port Washington

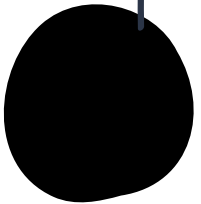


WEEK 3
9/4/2026
vs Edgewood



WHAT WE CAN PROMISE WE WILL GIVE YOUR CHILD IN OUR PROGRAM

1. LOVE THEM/RAISE THEM UP
2. HOLD THEM ACCOUNTABLE
3. MAKE THEM EARN WHAT THEY GET
4. LEADERSHIP DEVELOPMENT DAILY
5. CELEBRATE THEM & TEACH THEM TO CELEBRATE OTHERS (UNSELFISH)
6. DO THINGS 'FOR THEM' NOT 'TO THEM'

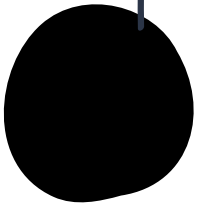


FOOTBALL IS SAFER THAN EVER!

WHY SAFER TODAY?

1. IMPROVED EQUIPMENT
2. BASELINE TESTING / CONCUSSION PROTOCOL
3. RUGBY TACKLING
4. HEIGHTENED AWARENESS!

We Bought 40 New Helmets Last Year, and 19 This Year! We currently have 18 Riddell Axioms.



HIGH SCHOOL TIMELINE



GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org/courselist.

GRADE 10

Register

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

FRESHMAN

Focus: Course planning and academic performance.

Key Actions: Take NCAA-approved core courses, keep grades up, and verify class eligibility using the online tool or through a school counselor.

SOPHOMORE

Focus: Official registration and academic tracking.

Key Actions: Create a Certification Account or Profile Page on the NCAA Eligibility Center website and work with a counselor to address any course deficiencies properly.

JUNIOR

Focus: Testing and progress checks.

Key Actions: Confirm graduation progress, take the ACT/SAT (sending scores to code 9999), and ensure your official transcript is uploaded at year's end.

SENIOR

Focus: Final certification and graduation requirements.

Key Actions: Retake standardized tests if needed, request final amateurism certification after April 1, and send the final transcript with proof of graduation.

PRIORITIES

1. **FAITH**
2. **FAMILY**
3. **EDUCATION**
4. **FOOTBALL**

5. **EVERYTHING ELSE**

ABSENCE – WHERE IS IT IN OUR PRIORITIES?

EXCUSED vs UNEXCUSED

WE WILL MAKE UP CONDITIONING IF NON-ATHLETIC

2X IF UNEXCUSED

EXAMPLES

1. **JOHN NEEDS TO MISS PRACTICE BECAUSE OF A MH or B CHURCH OR ACADEMIC EVENT.....** ✓ (FAITH/ACADEMICS)
2. **JOHN HAS TO GET HIS DRIVER'S LICENSE.....** ✗ (EVERYTHING ELSE)
3. **JOHN HAS TO TAKE HIS MOM TO A DR'S APPT.....** ✓ (FAMILY)

***EACH TIME JOHN MUST
COMMUNICATE BEFOREHAND***

WHAT WE NEED YOUR HELP WITH

- Realistic Goal Setting.
- Reinforce Student-Athlete Mindset.
- Code of Conduct.
- Encourage Full Practice/Game Attendance.

EXPECTATIONS FOR SEASON (CONT.)

Athletes Are Expected To:

- Attend all practices, meetings, and games.
- Go through 3 days of acclimation before full pads are allowed.
(SHELLS ON THURSDAY)
- Notify Coaches of any absence prior to the absence (See Priorities Slide)
- Are required to travel on the team bus to and from games. Aside from a family emergency.**

EXPECTATIONS FOR EQUIPMENT

- ✗ Players Should Leave Equipment In Locker Room/Not Car
 - ✗ Equipment should be brought home at least once a week
 - ✗ I recommend wiping helmets/shoulder pads down with Clorox Disinfecting Wipes
- ✗ Players Are Responsible For Their Equipment
 - ✗ Helmets cost almost \$475, Shoulder Pads Cost \$250, Jerseys Cost \$250 a piece
 - ✗ Will Be Discussed Later
- ✗ Girdles/Mouthguards/Cleats/Water
 - ✗ You Can Buy A Girdle In The Badger Sports Player Pack
 - ✗ Mouthguards Are Provided But You Can Get Your Own If You Wish/Mold Them
 - ✗ Each Player Should Get Their Own Pair of Cleats
 - ✗ Each Player Should Bring Their Own Water Bottle

VARSITY GAMES

MOUNT HOREB-BARNEVELD VIKINGS

MHB 2026 SCHEDULE

WEDNESDAY, APRIL 15, 2025

 WEEK 1 - AUGUST 21 VS GRAFTON @ 7 PM	WEEK 6 - SEPTEMBER 25 VS SAUK PRAIRIE @ 7 PM
 WEEK 2 - AUGUST 28 @ PORT WASHINGTON @ 7 PM	WEEK 7 - OCTOBER 2 @ STOUGHTON @ 7 PM
 WEEK 3 - SEPTEMBER 4 VS EDGEWOOD @ 7 PM	WEEK 8 - OCTOBER 9 @ MONROE @ 7 PM
 WEEK 4 - SEPTEMBER 11 @ BEAVER DAM @ 7 PM	WEEK 9 - OCTOBER 16 VS MCFARLAND @ 7 PM
 WEEK 5 - SEPTEMBER 18 VS FORT ATKINSON	LEVEL 1 - OCTOBER 23 LEVEL 2 - OCTOBER 30 LEVEL 3 - NOVEMBER 6 LEVEL 4 - NOVEMBER 13 STATE - NOVEMBER 20

#FEBU

FR/JV GAMES (ALL FR GAMES @ 5 PM & JV GAMES @ 7 PM)



MHB JV/Freshman Schedule '26



August 20th - @ Grafton 5 PM

- Freshman Bus Leaves @ 1:45 PM (Will get out of class at 1:30 PM)
- JV Bus Leaves @ 3:45 PM

August 27th - vs Port Washington 5 PM

September 4th - @ Edgewood 5 PM

- Freshman Bus Leaves @ 3:30 PM (Will get out of class at 3:15 PM)
- JV Bus Leaves @ 5:30 PM

September 14th - vs Beaver Dam 5 PM

September 21st - @ Fort Atkinson 5 PM

- Freshman Bus Leaves @ 3:00 PM (Will get out of class at 2:50 PM)
- JV Bus Leaves @ 5:00 PM

September 28th - @ Sauk Prairie 5 PM

- Freshman Bus Leaves @ 3:30 PM (Will get out of class at 3:15 PM)
- JV Bus Leaves @ 5:30 PM

October 5th - vs Stoton 5 PM

October 12th - vs Monroe 5 PM

October 19th - @ McFarland 5 PM

- Freshman Bus Leaves @ 3:15 PM (Will get out of class at 3:05 PM)
- JV Bus Leaves @ 5:15 PM

IF YOU HAVE A CONCERN TO DISCUSS WHAT PROCEDURE SHOULD YOU FOLLOW?

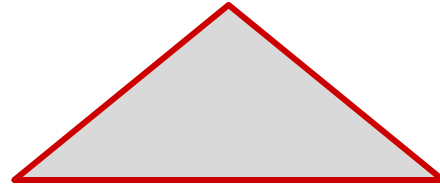
Follow Chain of Command.

1. Athlete talks to Coach.
2. Parent contacts Coach if unresolved.
3. Parent contacts Athletic Director.
4. Always schedule meetings (not before/after games).

TRIANGLE OF SUCCESS

ADMIN

PLAYERS



COACHES

PARENTS

Talking before, during, or after a game is not the appropriate time **

INAPPROPRIATE TOPICS TO DISCUSS WITH A COACH:

1. Playing Time
2. Team strategy or play calling
3. Other student-athletes

GRADES AND ATTENDANCE

- ✗ No F's allowed; 2-week suspension if F after 3rd week.
- ✗ Monitor grades via Infinite Campus.
- ✗ Sign up for attendance alerts.

PARENT SPORTSYOU APP



Stay Up To Date With
Things Going On

Add Members

You can add members below through
copy/paste of Access Code, selection and print
of "Download PDF" or selection of "Add
Members via Contacts or Email".



8UXM-VM7T

Copy Code

[Regenerate Code](#)

WEATHER/INCLEMENT

The
Weather
Channel

LIGHTNING IS THE ONLY CANCEL CONDITION

Football is an All-Weather Sport

Practices and events will **NEVER** be canceled for rain, cold, snow, or wind. Players must always bring appropriate gear for wet or adverse field conditions.

Activity is only suspended or altered when **lightning** is detected within safety thresholds or severe weather poses an immediate hazard.

WEATHER/INCLEMENT

The
Weather
Channel

All messaging will come on Sportsyou

Varsity Squad

STAY ON CAMPUS / INDOORS

-  **Film Session:** Team will move to the film room to review game and opponent footage.
-  **Gym Walkthrough:** Execute mental reps and tactical walkthroughs in the gymnasium.
-  **Dismissal:** Normal end-of-practice time remains unchanged unless notified.

JV & Freshman Squads

PRACTICE CALLED & DISMISSED

-  **Practice Called:** Outdoor activity is immediately canceled for the day.
-  **SportsYou Alert:** Direct alert pushed immediately to parents and players via SportsYou.
-  **Pickup Info:** Players should be picked up promptly at the main gymnasium entrance.

FIRST WEEK OF PRACTICE

August 4th - August 12th - @ 4:30 PM - 8 PM

This Is Essentially Our “2 A Days”

Pack A Healthy Lunch Because We Will Have A Half an Hour Break For Players To Eat/Rest

Practice Ends @ 8 - Does not mean they will be in the parking lot at 8

Overnight Camp

OVERNIGHT CAMP

Overnight Camp Schedule

Overnight Camp - What To Bring

FIRST DAY - TUESDAY AUGUST 5TH

- X Everybody Lift @ 7 AM
- X Varsity Film @ 8 AM
- X Everybody Equipment Handout @ 9 AM on Tuesday August 5th
- X Practice @ 4:30 PM - 8:00 PM
 - X Half an Hour Break
 - X Pack a Lunch

WHAT TO DO AFTER PRACTICE AT HOME

1. Hydrate (1 gallon/day).
2. Nutrition (protein + carbs).
3. Sleep (limit screens/social media).
4. Epsom Salt Baths.
5. Study HUDL playbook.

PROGRAM EXPECTATIONS

Freshman Football Expectations

- X Purpose - Teaching players the basic rules and strategies of football. Build the players' knowledge of football to a level that will allow them to progress to the junior varsity level.
- X Winning freshman games IS NOT priority #1.
- X All players should receive playing time unless they are physically or mentally unprepared.
- X Playing time will not be 100% equal.

Junior Varsity Football Expectations

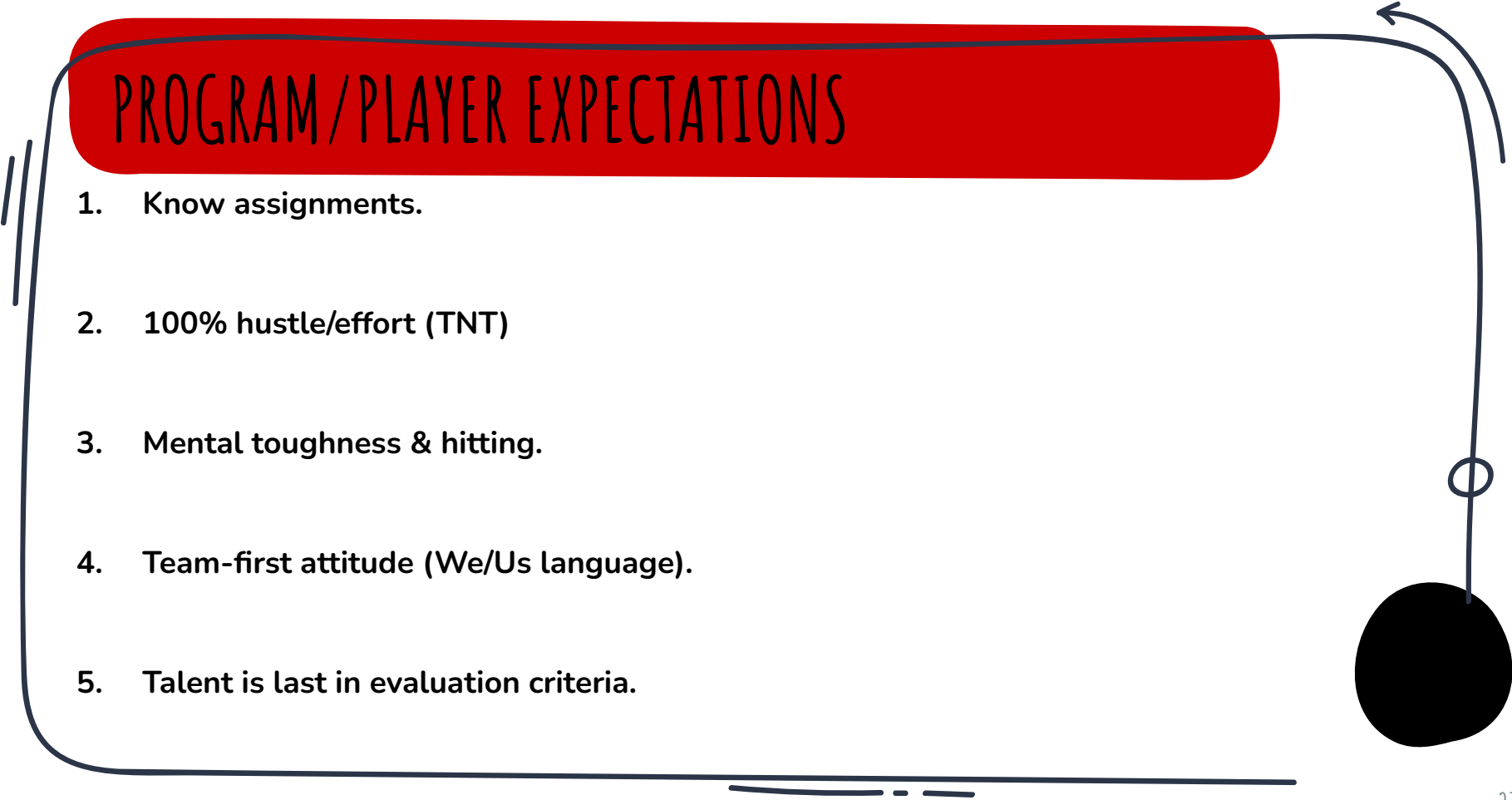
- X Purpose - Teach players the intermediate rules and strategies of football and prepare them for varsity football.
- X Winning Junior Varsity games IS NOT priority #1
- X All players should receive playing time unless they are physically or mentally unprepared.
- X Playing time will not be 100% equal.

PROGRAM EXPECTATIONS

Varsity Football Expectations

- ✗ Purpose - Teach players the advanced rules and strategies of football.
- ✗ Winning Varsity games IS the emphasis
- ✗ Players may not receive playing time.
- ✗ Some Juniors will be asked to play JV to receive proper development

PROGRAM/PLAYER EXPECTATIONS



1. Know assignments.
2. 100% hustle/effort (TNT)
3. Mental toughness & hitting.
4. Team-first attitude (We/Us language).
5. Talent is last in evaluation criteria.

CARD FUNDRAISER



LEADING EDGE
FUNDRAISING

1. Our Goal Is For Every Player to Sell 25 Cards
 - a. If Every Kid Sold 18 We Would Raise \$36,000
 - b. Help your kid enter contacts for people to get a hold of for support
2. Buys Things For Our Athletes/Program
3. Can Earn Free Items
 - a. Custom Ghost Fit Hoody
 - b. Custom Ghost Fit Joggers
 - c. Nike ID/Oakleys
4. Sheet For 10 Cell Phone Numbers To Reach People Outside of Mount Horeb-Barneveld.

CARD FUNDRAISER



LEADING EDGE
FUNDRAISING



Checkpoint 1 Prize

Get ticket to be entered into
a drawing. Up to \$250.00!!!!



Raise \$625

Custom Ghostfit Hoody + 4
FREE Cards!



Raise \$875

Custom Ghost Fit Joggers + 2
More Cards!



Raise \$1250 (Nike)

Earn \$100 Nike Gift Card + 2
More Cards!



\\V\\V\\V\\V\\



Raise \$1250 (Oakleys)

Oakley Sunglasses! (Retailers
over \$150!!)



SELL Any Additional 15 After 50 or
Raise Additional \$375

Additional \$25 Gift Card!

CULTURE PLAYBOOK

Player made and led!
What they want the
program culture to look
like. Talent can be great
and win you games; even
conference
championships, but if
there isn't a culture,
talent will undoubtedly
run into an equally
talented team. **CULTURE
WINS!**

MHB Football Culture Playbook 2023 "IT TAKES WHAT IT TAKES"

WE > ME

- 1) Play For The Love Of Our Teammates Not The Hate Of Our Opponents
- 2) Celebrate Each Other's Successes
- 3) Love The LC
- 4) "I Got Your 6"
 - a) Have Each Other's Backs At All Times
- 5) Like Us vs One of Us
 - a) Like Us = T Shirts/Logos
 - b) One of Us = Behaviors, Actions, & Commitments

It Takes What It Takes

- 1) Embrace The Suck! We All Go Through Everything Together
- 2) Ground Up
- 3) Full Commitment - To Our Teammates, Team, School, Community, Culture
- 4) Rise Above The Standard

Sweep The Sheds

- 1) Leaders Eat Last - Take Care Of The Program
- 2) Leave It Better Than We Found It

CORE VALUES OF OUR PROGRAM - WHAT WE PREACH!

1. **“The Standard”** - The Standard IS the Standard... Our Standard Will Be Very High. It Must Be From EVERYONE Involved In The Program (Vikings-Secretaries On Down)
2. **LOVE** - Amazing How Many Programs Do Not Have Love...Love Will Change Players...It Is The Glue That Holds Teams Together..Chemistry
 - a. Our Job Is To Love The Players!! May Be All The Love They Get
 - b. F.A.M.I.L.Y. - “Forget About Me - I Love You”
 - c. Average Parent Spends 2.5 Min Per Day In Meaningful Conversation w/ Their Kids Frank Sinatra

THE RIDE HOME



10 Phrases Young Athletes Need to Hear

By Greg Berge

Being an athlete today isn't always easy. The "car ride home" can be tough for young athletes, and what we say as parents makes a big difference. Here are 10 phrases every athlete needs to hear.

1: "I LOVE WATCHING YOU PLAY"

There's no judgment or criticism here. Ultimately, this is all you need to say.

Why it matters: Creates a safe, supportive environment for your child.

2: "I BELIEVE IN YOU"

Want to build confidence? Tell them you believe in them. They need to hear this from adults.

Why it matters: Confidence comes from knowing others believe in you.

3: "DO YOUR BEST"

We're all different, with unique skills. All we can ever do is our best.

Why it matters: Encourages effort over comparison.

4: "BE GREAT AT WHAT YOU ARE GOOD AT"

Focus on strengths and define your role on the team.

Why it matters: Builds confidence and clarity in athletes.

5: "LOVE YOUR TEAMMATES"

The joy of team sports comes from caring about your teammates.

Why it matters: It builds trust and camaraderie on a team.

6: "NEXT PLAY"

Move on quickly—whether it's a mistake or a great play. Composure matters.

Why it matters: Teaches resilience and focus.

7: "MAKE MEMORIES"

A season flies by. Live in the moment and cherish it.

Why it matters: Reminds athletes to enjoy the journey.

8: "PASS THE MIRROR TEST"

At the end of the day, can you look in the mirror and say you gave your best?

Why it matters: Builds integrity and self-accountability.

9: "LEAD BY EXAMPLE"

Show up on time, work hard, and bring positive energy. Leadership starts here.

Why it matters: Actions inspire more than words.

10: "LEAD OUT LOUD"

Once you lead by example, take it further—encourage and hold teammates accountable.

Why it matters: Combines action with communication for impactful leadership.

CORE VALUES OF OUR PROGRAM

3. TRUTH

- Be Who We Say We Are - Moral Men of Character
 - Players HAVE to Trust That You Are Who You Say You Are.
 - Never Let Them Lie To Us - Go Extra Mile To Make Sure
- Demand The Truth...Live The Truth

4. ACCOUNTABILITY

- Discipline Equals Freedom
- Make Them Call In If They Are Not Going To Be At Practice
- When They're Not "The Standard" In Class "O.F.I."
- If Effort Is Not 100% Address It (Field/Classroom)

CORE VALUES OF OUR PROGRAM

5. **FUNDAMENTALS - ATTENTION TO DETAIL - LITTLE THINGS**

- Always, Always, Always Coach The Little Things
- If They KNOW They Will Execute It; Will Be Successful

6. **SWEEP THE SHEDS**

- Pick Up After Ourselves
- Everywhere We Go: Win or Lose
- Servant Leadership

THEMES/MANHOOD THURSDAYS

1. Weekly “One Word” themes (ex: Resilient).
2. Life Skills taught on Thursdays (e.g., tie a tie).
3. 300 Feet: Player interviews.
4. Break The Rock: Commitment ritual.

INJURIES

****When Injuries happen, they should see Sheri immediately****

- X If the injury is a minor injury, and they require tape, stretch, etc. your student-athlete needs to be in the training room right away after school. No stopping to say hi to the girlfriend, hanging out with the boys, running to Kwik Trip; it needs to be ASAP after school.
- X If Sheri says you should wear an ankle brace, please wear an ankle brace. Follow her instructions please and thank you.
- X If an injury happens during the game, if you are needed, Sheri will call for you. Please let her do her job :)

FRIDAY BREAKFASTS

FRIDAY MORNING BREAKFASTS

We will be doing Friday morning breakfasts in the cafeteria on Game Days For Varsity Players (So-Sr). We are trying to give the boys the proper nutrition on Game Day so they can perform at their peak. If you can help in any way, we are looking for parents to help us out with this.

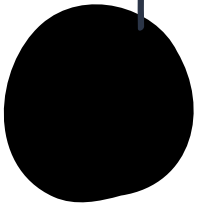


WHAT YOU NEED FOR TUESDAY



WHAT YOU NEED BEFORE FOR TUESDAY

1. Physical (or Alternate Year card).
2. Concussion Waiver.
3. Code of Conduct Video & Form.
4. \$75 Athletic Fee.
5. Information on SportsYou



WHAT YOU NEED FOR MONDAY

Our Future: Prepare. Learn. Lead.

How to Enroll



**MOUNT HOREB AREA
SCHOOL DISTRICT**



District

Schools

Families

Staff

Community

Starting pay
\$34.25/row

Hover over schools. Over under
"High School" there is an athletics
an activities tab. Click that tab!

**Mt.Horeb Area
School District
Bus Driver
Opportunities**



WHAT YOU NEED FOR MONDAY



**MOUNT HOREB
HIGH SCHOOL**



Our School

Academics

Students

Activities & Athletics

Families

Activities

Athletics

Activities

Academic Decathlon

Club Interact

Click "Athletics"

2023

Even

Conc

Click

Students involved in a co-curricular activity and/or sport are **required** to watch & listen to the Code of Conduct presentation, please **complete the agreement via the Google form.**

Click and then complete a Google Form with parent & student information. Once the Google Document is submitted, you have completed the Code of Conduct requirement.

WHAT YOU NEED FOR MONDAY

Athletics

Viking Sports Team
Rosters Online

WIAA Eligibility
Requirements

Code of Conduct

Athletic Forms

Athletic Teams

Event Fees &
Expectations

Badger Conference
Schedules

WIAA Eligibility Requirements

Requirements:

In order for a High School student to be eligible to start their season, they must have all required WIAA items completed & be cleared through the high school and the WIAA. Please see the WIAA website under **At the time of registration** at the high school website under **At the time of registration** for your sport are required. All students will not be able to practice until **ALL** required items for your coach. **In addition, students with any outstanding school obligations (missed practices, fines, etc.) must be eligible to start until ALL school fees, fines & obligations are taken care of.**

Please note that the Annual Update/Online Student Registration process each year. This is now available on the WIAA website. Information can be found in the email from Dr. Salerno on July 10th, 2023. **The Annual Update and New Student Reg link under the 'More' section. Please see **this reference document** for helpful hints to locate this in your parent portal.

1. **WIAA Physical** - current physical signed by a physician on file at school is required (see chart below)

Click "WIAA Eligibility
Requirements"

This will take you to the page
where you can find all the
links and everything you need
to finish before your child can
practice on Tuesday August
1st!

EQUIPMENT TURN IN

- EQUIPMENT TURN IN WILL TAKE PLACE THE **FIRST WEDNESDAY AFTER THE SEASON IS OVER**
- Any missing equipment on turn in day will be immediately billed to the parents.
- Players will have 2 days to find and turn in missing equipment or the bill **becomes final even if equipment is found and turned in after the 2 days.**

Cost of replacing equipment:

Helmet: \$475

Shoulder Pads: \$250

Game Jersey: \$250 (Varsity), \$100 (Freshman)

Game Pants: \$125 (Varsity), \$65 (Freshman)

Travel Bag: \$25

Practice Jersey: \$25

Practice Pants: \$25

Knee Pads: \$20

Belt: \$15



WELCOME TO LOOSE CHANGE FOR

Mount Horeb High School Football



A quick note.

Thank you for registering!

We are so grateful for our generous community of supporters!

Proceeds from every purchase you make will go back to our organization, as does cashback from over 15,000 participating merchants. Your contribution means a lot to us and will help us continue to grow and thrive.

We truly appreciate your generosity!

CONTACT INFORMATION

Bret St Arnauld

Phone: (906)221-5664

Email: starnauldbret@mounthorebschools.org