

YES WE CAN FOUNDATION



THREE SELECTED FOR SCHOLARSHIP

YES WE CAN SCHOLARSHIP AWARDS \$500

The Yes We Can Foundation awarded three Central football players \$500 each to continue their education at the post secondary level. Tyler Whalen, Leo Strandell and Tray Kuntz were honored with this scholarship at the annual Senior Awards Night on April 24th.



Tyler Whalen plans to attend the University of North Dakota and study Mechanical Engineering

Leo Strandell plans to attend the University of North Dakota and study Engineering.

Tray Kuntz plans to attend the University of North Dakota and study Mechanical Engineering





KNIGHTS SIGN TO CONTINUE FOOTBALL CAREERS

Two central football players have signed their National Letters of Intent to continue their careers at the University of North Dakota. UND has signed a total of 28 athletes for the upcoming season.



Erick Paye | DL | 6-4 | 225

Played defensive end and tight end for two seasons - Named Class AA All-State and All-EDC his senior season - Accumulated 44 tackles, eight sacks and 14 TFL's - Caught five balls for 119 yards and two scores in 2023 - Was also a standout basketball player for the Knights.



Tray Kuntz | TE | 6-4 | 230

Earned three varsity letters while playing tight end - Named First Team All-State and was also All-Conference as a senior ... Earned honorable mention All-Conference status as a junior - Recorded 56 grabs for 776 yards and nine touchdowns in his career - Caught a team-high 22 passes for 313 yards and six touchdowns as a senior - Had two sacks and five TFL's - Son of former UND all-conference linebacker Mike Kuntz.



FUTURE KNIGHTS COMMIT TO GFC FOOTBALL

Grand Forks Central Football Coaches and Athletes visited Valley, Schroeder, Manvel, and South Middle to recruit committed future GFC Athletes to come out for football. As you can see, the Knights will have a large freshman team!



VALLEY



SCHROEDER



MANVEL



SOUTH



GETTING TO KNOW COACH BARTSCH



- Name:** Brandon Bartsch
- Position:** Offensive Coordinator
17 Years on Staff
- Family:** **Wife:** Amy Bartsch
Children: Paxton (10 years old) ,
Paisley (7 years old)

Why do coach football?

I love the game of football and the lessons it teaches about life. I hope to have a positive impact on them as student-athletes and help them develop a stronger passion for the sport. I take tremendous pleasure in assisting student-athletes in their growth and development as both excellent football players and outstanding community members.

What is your Favorite Memory as a football Coach?

There have been lots of great memories over the years! A few memories include winning a two-overtime game over number one ranked Valley City in 2022, defeating Red River in the Cushman Classic, and appearing in the State Championship game this past season. The relationships I have developed with the coaches and players throughout the years are some of my favorite memories. Grand Forks Central is a very special place, and I am extremely fortunate to be able to teach and coach here.





THE OFF-SEASON BEGINS IN THE WEIGHT ROOM

The Grand Forks Summer Strength Camp is quickly approaching. We start June 3rd with a record number of registered students, currently at 136 total. We increased our sessions to 35 participants thanks to our new weight room location. We will have 5 full time strength coaches on staff this summer including long time head coach Bill Lorenz, assistant football coaches Stetson Carr and Joseph Drumm, head wrestling coach Garret Litzinger, and two GFC football alumni in Alex Schill and Trystan Tatum.

We have nearly double the total square footage including new flooring, inlaid platforms, and nearly 20 yards of turf. Our current goal is to raise enough money to purchase two more squat racks, bumper plates for our platforms, and new dumbbells to replace our old and damaged ones.

The summer program is accommodating to beginners and more advanced lifters to get 40-50 minutes of high intensity strength development, and 20-30 minutes of speed and agility. The programs are backed by scientific analysis and have shown to be effective over the course of the last 4 years. Both the beginners and the advanced lifters will have two separate 4 week programs to accommodate their experience level. It is an exciting time for the weight room and the football team and we are grateful to have the opportunity to utilize this amazing facility and continue our path to success. We have set a high standard and it starts with our physical strength.

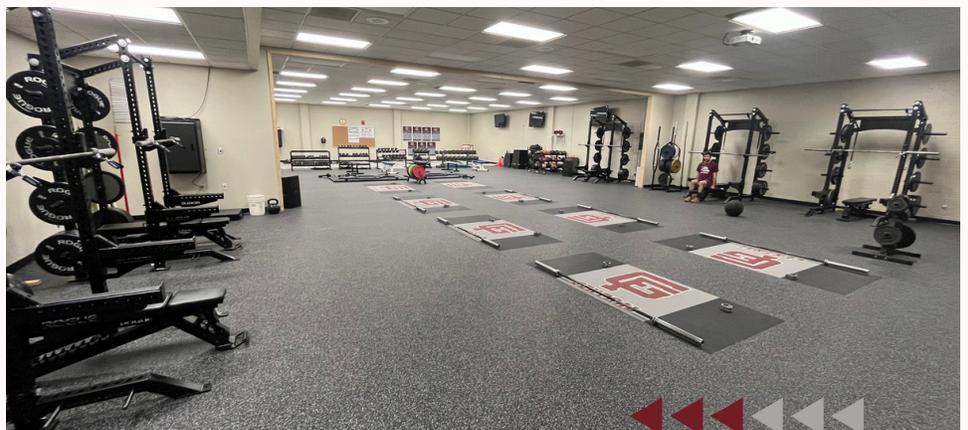
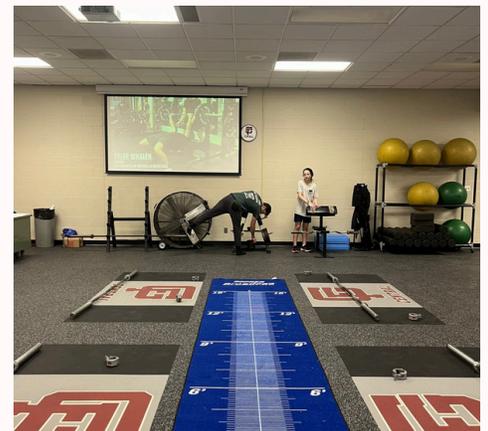
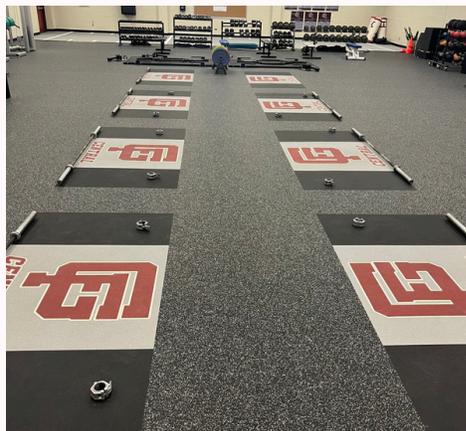
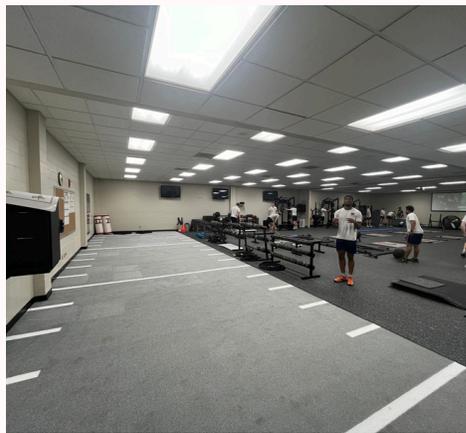
Yes We Can!





The New Weight Room

The weight room has recently moved from the upstairs location to the former wrestling room or cardio room. This has opened up space and allows for more athletes to lift.





RECENT PURCHASES

The Yes We Can Foundation has recently purchases Agility Circles, Tackle Bags, three man sled, and helped cover a portion of the cost for Protein to be provided to the athletes after a workout





A NOTE FROM THE YES WE CAN FOUNDATION PRESIDENT

Dear Yes We Can Foundation Members,

It's hard to believe that we are into June as of tomorrow. The start of the football season is just around the corner and the athletes are grinding in the NEW GFC weight room. We are excited about our 2nd annual golf scramble and social which will take place on Monday, June 24th at Lincoln Park Golf Course followed by a social at the GF Curling Club. Please see page 9 for more information on how to get registered to golf this year. If you can't make it to golf, hopefully you are able to make it to the social at the Curling Club.

This year will mark the 125th season of Grand Forks Central football. We are the oldest high school program in the state of North Dakota. On Friday, September 27th GFC will host West Fargo Horace in a 6pm game. We plan to have a free will offering Taco in a Bag before the game will all proceeds go to the foundation. We also plan to recognize GFC Football alumni in attendance at halftime of the game on the field. And hopefully a get together after the game of some kind. Enjoy this newsletter and hopefully we see you at a game next fall!!!

Paul Strande
Yes We Can Foundation - President





Yes We Can
Foundation

2ND ANNUAL YES WE CAN FOUNDATION *Golf Scramble*



LIMITED SPOTS
AVAILABLE!



JUNE 24 12:00 PM - CHECK IN
12:30 PM - START

LINCOLN GOLD COURSE

\$150 Per Golfer

includes green fees, cart, 2 mulligans, 1 meals, drinks at the social and tickets for prizes at the social

TEAM

HANDICAP/AVG

TEAM INFO

Team Contact Name _____

Email: _____

Phone: _____

Special Requests: _____

Voluntary Contribution: _____

Send forms to:

Yes We Can Foundation,
c/o Pat Rosenquist
2750 S. 26th St., Ste. C,
Grand Forks, ND 58201

Questions or to send form electronically:
Andrew Schultz at 701-330-6903 or andrew.schultz@chsinc.com



2024 Season Schedule

8/8 - Practice Begins
8/30 - vs. Jamestown
9/6 - @ St. Mary's
9/13 @ Dickinson
9/20 vs. Minot North - Homecoming
9/27 vs. Horace - Yes We Can Foundation Night
10/4 @ Red River - Cushman Classic
10/11 vs. South
10/18 @ Devils Lake
10/25 @ Wahpeton

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](#)

Save The Date

September 27th, 2024

The Yes We Can Foundation is celebrating 125 Years of Central Football. Please join us before the football game for Taco in a Bag and we will recognize all GFC Football Alumni at the game. We also plan to meet up somewhere after the game.

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!



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

Thank You To Our Sponsors

