

YES WE CAN FOUNDATION



NEW SEASON STARTS FRIDAY, AUG 30

COACH SCHAUER STARTS HIS 3RD SEASON AS HC

As fall camp comes to a close, our Knights are ready and anxiously awaiting our Week 1 opponent: Jamestown. With 125 athletes committed to GFC football our numbers are slowly rising. That being said, a small senior class will be asked to step up in many ways to lead us through the ups and downs of the season. To go along with our senior class, our large Junior and Sophomore classes will be called on to step up and show that they are ready to compete.



Overall, our coaches have been pleased with the overall effort and attention to detail this group is showing, but there are still many aspects of the game that will need to continually work on throughout the season to succeed.

-Coach Schauer



Join Us!
September 27th
Cushman Field
6:00 PM

[Click Here to
RSVP!](#)

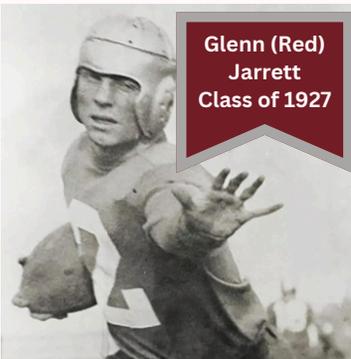


CELEBRATING 125 SEASONS OF GFC FOOTBALL

As the echoes of roaring crowds and the thrill of the game fills the air, Grand Forks Central Football proudly celebrates an extraordinary milestone—125 seasons. For over a century, our football program has been more than just a team; it's been a cornerstone of our community, a beacon of pride, and a testament to the enduring spirit of competition and camaraderie.



1903 GFC Football Team



Glenn (Red)
Jarrett
Class of 1927

From the very first kickoff to the unforgettable victories and the lessons learned in each challenging season, Grand Forks Central Football has woven a rich tapestry of history and tradition. Each game, each season, and each player has contributed to a legacy that stands as a tribute to hard work, perseverance, and the unbreakable bond between teammates and coaches.

Join the Yes We Can Foundation on **Friday, September 27th**, for an exciting pre-game tailgating event leading up to the West Fargo Horace game! *Starting at 4:30 PM*, come enjoy a free will offering of pulled pork or pulled chicken meal as you mingle and gear up for the action. The *game kicks off at 6:00 PM*, and at halftime, we'll spotlight each decade of players with a special announcements. Don't miss this chance to be part of an unforgettable night of football, community spirit, and celebration!



GETTING TO KNOW COACH LENNON



Name: Trevor Lennon
Class of 2009

Position: Varsity Assistant Coach
11 Years on Staff

Family: **Wife:** Melissa (Sand) Lennon ('09)
Children: Olivia (7 years old) , Ella (3 years old)

Why do you coach football?

I love being able to give back to a program that gave me so much. Each day, I get to come out to practice and be reminded of lacing up the cleats, throwing on the shoulder pads, strapping up the helmet, and wearing that beautiful maroon and grey! Football has been a huge part of my life since I was born and I couldn't imagine a fall without it.

What is your Favorite Memory as a football Coach?

Any win over the other school in town is always a favorite memory. Nothing beats watching the boys ring the bell and celebrate with their friends after a Cushman Classic Win.

I really enjoy every Friday night getting to coach football with some of the best coaches around. The GFC Coaches have become some of my closest friends (past and present) and I couldn't imagine going out there with any other group!





STRENGTH IN GIVING

The GFC Weight room has come a long way in the last 3 years, starting with new squat racks, platforms, and bumper plates. We have now moved locations to larger, more accommodating space for our increasing number of participants in strength and conditioning.



Our latest upgrade in equipment phased out dumbbells that were used in the 1980's or 90's. The previous dumbbells were bent, cracked, and chipped from years of wear and tear. The new rubber dumbbells are now safe not only for the athletes, but also for the newly installed flooring. We also have a heavier range of weight so our athletes can train to their potential in a wider variety of exercises, which is imperative in developing strength.

Our vision of having one of the highest quality and efficient weight rooms in the state of ND is close to complete, and it is thanks to the support of alumni and those who have a love for GFC and the students who wear the Maroon and Grey.

-Strength Coach Stetson Carr

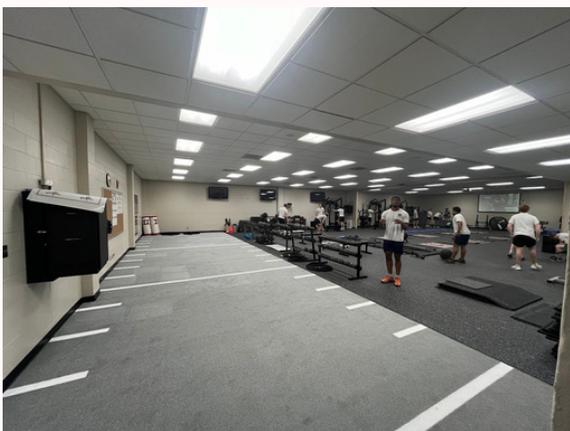




Strength in Giving Continued

This donation started with an idea from Mike Wilber, Assoc. Principal at GF Central who knew the need for these dumbbells and racks in the weightroom. The Wilber family partnered with the YWC Foundation and the GFC Coaches Council to make this \$5,700 project happen. The best part of this project is it will benefit every student athlete and any student taking strength training for at least the next 15 years. Thank you Mike for coming to the foundation with this great idea.

-Paul Strande



***To see more of the weight room transformation,
[click on this link](#)***





YES WE CAN FOUNDATION UPDATES

Here is a link to an online clothing store for the foundation. This store will close at midnight on September 2nd. 10% of all sales will come to the foundation to help us continue our mission to support the needs of Central Football:

[Link to Clothing Order](#)



RECENT PURCHASES AND DONATIONS

The Yes We Can Foundation continues to give back to GFC football and athletes. Each purchase our foundation makes, continues to prove our initial need for starting the foundation: creating a long term solution to help our student-athletes. Since Spring of 2024, we have purchased the following:

- 3-man lev sled (pictured top and bottom)
- \$3,000 to dumbbells and racks
- \$2,000 donation to help with meals after road games
- \$500 for Protein powder for summer strength training (Pictured Right)





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

October 11, 2024

There was a scheduling error that caused the home football game against Fargo South to be moved to the Alerus Center! Join us for an electric environment!

Proceeds from game attendance will be sent to GFC Football.

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



AG SERVICES

