

Everything You Need to Know About Omaha North Football



Coaching Staff

Varsity

Head Coach: Larry Martin

Assistant Coaches: Todd O'Neill, Dan Hempel, Rick Thurston, Andrew Juranek, Ryan Koch, Terry Grigsby, Lonnie Brazile, Dan Carruthers, Lonnie Tapp, Niles Paul, Logan Thurston, Brian Mull, Antonio Marshall, Tyler Shearer, and Milton Sargbah

JV

Head Coach: Ryan Koch

Assistant Coaches: Dan Burns, Lonnie Brazille, Andy Juranek, Lonnie Tapp, Niles Paul, Terry Grigsby, Antonio Marshall

Freshman

Head Coach: John Skradski

Assistant Coaches: Kyle Sempek, Thomas Liechti, J.J. Jones, Tyler Shearer, Milton Sargbah, Logan Thurston, Brian Mull

Athletic Trainer: Cassidy Brannon

Athletic Director: Eric Johnson

Varsity Game Day

- **After School:** The football team is required to stay after school on game days. The team meets in the lecture hall and food will be provided or players can bring their own food/choose not to eat before the game. The team will all ride the bus together to the game.
- **Tailgates:** Parents, families, and students can join the tailgate any time after 5 pm before home games on the North end of the field at Northwest High School's Kinnick Stadium located at: 8204 Crown Point Ave, Omaha, NE 68134. Plan to bring a side/dessert to share, your own drinks, and chairs.
- **Admission:** Metro gate admission is \$7 for adults and \$5 for students. If a student has an activity card there is no charge. Or you can buy a Game Pass from the Booster Club for \$50 for entry to all regular season home games.
- **Home Field:** Northwest High School's Kinnick Stadium located at: 8204 Crown Point Ave, Omaha, NE 68134
- **After the game:** The team will ride the bus back to Omaha North High School after all games and will need to be picked up/drive home from North thereafter. Recommend your student texts you when they board the bus to determine exact pick up times.

Team Activities

- **Varsity Team Dinners:** Wednesday nights immediately after practice on game weeks at the Viking Ship: 2582 Redick Ave Omaha, NE 68112. The main course has been generously donated each week, but if you're interested in helping with sides, dessert, and drinks, please contact Moniki Gunn at 402-290-2805 and she will let you know what is needed for the upcoming week. Students must be able to get their own transportation to and from the Viking Ship
- **JV Saturday Morning Brunches:** *After home games - If you'd like to help with these, email us at vupvikings@gmail.com*
- **Freshman Outings:** TBD - *If you'd like to help with these, email us at vupvikings@gmail.com*
- **Team Pictures:** Each summer before the football season, members of the Varsity team and upper classmen are invited to take team & individual pictures at Arnold Clark. Individual pictures can be purchased separately and team posters will be sold at the beginning of the season and at games.

Uniforms & Equipment

Uniforms and equipment will be provided to all players based on the teams they're playing for (Varsity, JV, and Freshman). All uniforms and equipment can be stored in the school locker room. All uniforms and practice clothes are washed at school on Wednesdays. Instructions are provided to players.

Practices

Coach Martin will distribute specific dates, times, and schedules in May before each football season.

Summer Conditioning:

Summer Conditioning kicks off with one week of Locker Room camp from 9:00 am - 12:00 pm the last week of May/first week of June. Thereafter weight lifting takes place from 7:45 - 10:30 am every day of the week except Fridays. The Varsity team participates in a Passing League every Wednesday morning in June, traveling to different schools each week. Team Camp starts the week after Independence Day and lasts two weeks, every day of the week except Fridays.

School Year Practices:

Official practice begins the second week of August and takes place in the afternoons each week day. Once school starts, practice takes place after school from 3:30 pm – 5:30 pm at the Omaha North High School practice field on the south side of the school.

Late Bus: The late bus leaves between 5:30 - 5:40. There is a QR code outside the main office to sign up every day for any student that needs a ride. Every teacher also has a copy of the QR code.

Blue & Gold Scrimmage

The Blue & Gold Scrimmage is held the Friday before the first scheduled game at 3:30 pm at the Omaha North High School practice field on the south side of the school. Varsity, JV and Freshman teams will all participate in the scrimmage that lasts until approximately 5:00 pm. The Booster Club hopes to have a parent informational meeting each year on the day of the scrimmage. More on that next year!

No admission fee. Spirit wear and gear, season Game Passes, and Booster Club memberships will be sold.

Varsity Team Banquet

The Varsity team will have an end of season banquet after the state championship games are scheduled in the Omaha North High Viking Center. More information will be communicated before the banquet.

Booster Club

The V-Up Vikings Football Booster Club was formed in August 2022 with the sole purpose of supporting the Omaha North High School football program. All money raised through Booster Club memberships, donations, game passes, merchandise, etc. goes directly to the Football Team. The Booster Club intends to facilitate more communication regarding the team events & activities, football team schedule, and fundraising needs in partnership with the football team coaches.

The 2024 Booster Club Board includes:

- Moniki Gunn - President
- Kelly Push - Vice President
- Tracy Cook - Secretary
- Symphony Wittenberg - Treasurer

The Booster Club accepts Cash, Check, CashApp (\$vupvikings)

Contact Us: You can contact the Booster Club by email or on social:

- Email: vupvikings@gmail.com
- Facebook: V-Up Vikings Booster Club
- Instagram: [@vupvikings](https://www.instagram.com/vupvikings)
- Twitter: [@vupvikings](https://twitter.com/vupvikings)

Team Apparel & Merchandise

You are also able to purchase other general Omaha North apparel and merchandise from the Spirit Store at all home games and by going to the Omaha North High School main office during school hours.

Open House Program

The Omaha North Football Coaches and the V-Up Vikings Football Booster Club host informational sessions at Open House about the football program, activities, and how you can help and participate.

Dates TBD