



Coon Rapids Football

June 2024



Mon

Tue

Wed

Thu

Fri

Sat

Questions? Call Coach Rusin 763.350.6991	28	29	30	31	1
3 Team Meeting at 2:30 pm Room 004 Equipment Handout 2:45-4:00 pm Grades 10-12	4 FOCUS ON SCHOOL AND GRADES! PLEASE MAKE SURE ALL WORK IS TURNED IN! 9th Grade Equipment Handout 3:15-4:30 pm	5	6 LAST DAY OF SCHOOL!	7 Football and Weights Off	8 Football and Weights Off
10 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Skills Camp 6:00-7:30 pm Grades 9-12	11 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	12 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights PRACTICE #1 10:00-11:30 am Grades 9-12	13 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	14 Football and Weights Off	15 Football and Weights Off
17 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Skills Camp 6:00-7:30 pm Grades 9-12	18 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	19 NO FOOTBALL or WEIGHTROOM JUNETEENTH!	20 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	21 Football and Weights Off	22 Football and Weights Off
24 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Skills Camp 6:00-7:30 pm Grades 9-12	25 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	26 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights PRACTICE #2 10:00-11:30 am Grades 9-12	27 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	28 Football and Weights Off	29 Questions? Call Coach Rusin 763.350.6991

Check us out at: www.coonrapidsfootball.org
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Coon Rapids Football

July 2024



Mon

Tue

Wed

Thu

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Sat

1	2	3	4	5	6
MSHSL Non-contact week from June 29th-July 5th					
8 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Skills Camp 6:00-7:30 pm Grades 9-12	9 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	10 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights PRACTICE #3 10:00-11:30 am Grades 9-12	11 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	12 Football and Weights Off	13
15 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights O&D Camp: 10:00—12:30 pm Grades 9-12	16 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights O&D Camp: 10:00—12:30 pm Grades 9-12	17 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights O&D Camp: 10:00—12:30 pm Grades 9-12	18 Scrimmage at Monticello 9:00-11:30 am Grades 10-12	19 Football and Weights Off	20
22 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Skills Camp 6:00-7:30 pm Grades 9-12	23 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Joint Practice @ Forrest Lake Grades 10-12	24 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights PRACTICE #4 Film: 10:00-11:00 am Grades 10-12	25 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	26 Football and Weights Off	27
29 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Summer Youth Camp 6:00—7:30PM (Youth Camp K-8) @ CRHS	30 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Summer Youth Camp 6:00—7:30PM (Youth Camp K-8) @ CRHS	31 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights Summer Youth Camp 6:00—7:30PM (Youth Camp K-8) @ CRHS	Aug. 1 Football and Weights Off	2 Football and Weights Off	3 Questions? Call Coach Rusin 763.350.6991

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Coon Rapids Football

August 2024



Mon	Tue	Wed	Thu	Fri	Sat
July 29 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	30 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	31 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	Aug. 1 <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	2	3
5 Get out and sell Discount Cards	6	7	8 Parent Meeting @ 7:30 pm	9	10
12 START OF SEASON 7:30-8:30 Program Mtg 8:00-8:30 Team Mtg 8:45-10:45 Prac. #1 11:00-11:30 Lunch 11:30-12:00 Pos. Mtg 12:00-12:30 K.O Mtg 12:45-2:45 Prac. #2	13 7:30-8:15 Weights 8:30 Team Meetings 9:30-11:30 am Prac. #3	14 7:30-8:30 Team Mtg 8:45-10:45 Prac. #4 11:00-11:30 Lunch 11:30-12:00 Pos. Mtg 12:00-12:30 Punt 12:45-2:45 Prac. #5	15 11:30 am—PICTURES 1:00-2:45 pm—Practice 3:15 pm—Team Meal 4:00-8:00 pm— Blitz Night	16 8:30-10:30 Prac. #7 10:45-11:15 Lunch 11:15-11:45 Team Mtg 11:45-12:15 Pos. Mtg 12:30-2:30 Prac. #8	17 Football Off
19 7:30-8:00 Program Mtg 8:00-8:30 Pos. Mtg 8:45-10:45 Prac. #9 11:00-11:30 Lunch 11:30-12:00 O&D 12:30-2:30 Prac. #10	20 7:30-8:15 Weights 8:30 Team Meetings 9:30-11:30 am Prac. #11	21 8:00-10:00 Prac. #12 10:00-10:30 KOR Kick-Off Night Food & Vendors Kickoff Night: 5:00-8:30 PM	22 9:00-9:45 Weights 10:00-12:00 Prac. #13	23 9:00-10:30 Prac #14	24 Scrimmage @ Burnsville High School 9:00-11:00 am All grade levels!
26 2:45—6:00 Practice	27 2:45—6:00 Practice	28 Varsity: 2:45-4:15 pm GAME 9th grade Away 4:00 pm Centennial	29 Game Varsity Home 7:00 pm Centennial	30 Game JV Away 10:00 am Centennial	31 Questions? Call Coach Rusin 763.350.6991 Football Off

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