



Coon Rapids Football

August 2023



Mon	Tue	Wed	Thu	Fri	Sat
<u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	<i>Aug. 1</i> <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	<i>2</i> <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	<i>3</i> <u>SUMMER STRENGTH</u> 7:30-9:15 AM 9th-12th Weights	<i>4</i>	<i>5</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>
Get out and sell Discount Cards					
<i>14</i> 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	<i>15</i> 7:30-8:15 Weights 8:30 Team Meetings 9:30-11:30 am Prac. #3	<i>16</i> 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	<i>17</i> 11:00-11:45 Weights 12:00-12:30 Team Mtg 12:45-2:45 Prac. #6 3:15-4:00 Team BBQ 4:00 Gold Card Blitz 8:15 PM Return Parent Meeting @ 7:30 pm	<i>18</i> 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	<i>19</i>
<i>21</i> 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	<i>22</i> 8:00-10:00 am— Practice 10:30 am— PICTURES	<i>23</i> 8:00-10:00 Prac. #12 10:00-10:30 KOR Kick-Off Night Food & Vendors Kickoff Night: 5:00-8:30 PM	<i>24</i> 9:00-9:45 Weights 10:00-12:00 Prac. #13	<i>25</i> 8:30-10:30 Prac. #14 10:45-11:15 Lunch 11:15-11:45 Team Mtg. 11:45-12:15 Pos Mtg. 12:30-2:30 Prac #15	<i>26</i> Scrimmage @ Burnsville High School 9:00-11:00 am All grade levels!
<i>28</i> 2:45—6:00 Practice	<i>29</i> 2:45—6:00 Practice	<i>30</i> Varsity: 2:45-4:15 pm GAME 9th grade Home 4:00 pm Centennial	<i>31</i> Game Varsity Away 7:00 pm Centennial	<i>Sept. 1</i> Game JV Home 10:00 am Centennial	<i>2</i> Questions? Call Coach Rusin 763.350.6991 Football Off

Check us out at: www.coonrapidsfootball.org
Follow us on Twitter and Instagram: @Football_CRHS



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September 2023



Mon	Tue	Wed	Thu	Fri	Sat
28 2:45-6 Practice	29 2:45-6 Practice	30 2:45-6 Practice <u>GAME</u> 9th grade Home 4:00 pm Centennial	31 <u>Game</u> Varsity Away 7:00 pm Centennial	Sept. 1 <u>Game</u> JV Home 10:00 am Centennial	2 Football Off
4 Labor Day 3:00-5:00 for Varsity/JV	5 FIRST DAY OF SCHOOL 2:45-6 Practice	6 2:45-6 Practice <u>GAME</u> 9th grade Away 4:00 pm Osseo	7 2:45-6 Practice	8 <u>Game</u> Varsity Home 7:00 pm Osseo	9 <u>Game</u> JV Away 10:00 am Osseo
11 2:45-6 Practice	12 2:45-6 Practice	13 2:45-6 Practice	14 <u>GAME</u> 9th grade Home 4:00 pm STMA	15 <u>Game</u> Varsity Away 7:00 pm STMA	16 <u>Game</u> JV Home 10:00 am STMA
18 2:45-6 Practice	19 2:45-6 Practice	20 2:45-6 Practice	21 <u>GAME</u> 9th grade Away 4:00 pm Champlin Park	22 <u>Game</u> Varsity Home 7:00 pm Champlin Park	23 <u>Game</u> JV Away 10:00 am Champlin Park
25 2:45-6 Practice	26 2:45-6 Practice	27 2:45-6 Practice <u>GAME</u> 9th grade Away 5:45 pm Anoka	28 2:45-6 Practice	29 <u>Game</u> Varsity Home 7:00 pm Anoka	30 <u>Game</u> JV Away 10:00 am Anoka

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Coon Rapids Football

October 2023



Mon	Tue	Wed	Thu	Fri	Sat
2 <i>2:45-6 Practice</i>	3 <i>2:45-6 Practice</i>	4 <i>2:45-6 Practice</i>	5 <u>GAME</u> 9th grade Home 4:00 pm Maple Grove	6 <u>Game</u> Varsity Away 7:00 pm Maple Grove	7 <u>Game</u> JV Home 10:00 am Maple Grove
9 <i>2:45-6 Practice</i>	10 <i>2:45-6 Practice</i>	11 <u>GAME</u> 9th grade Away 4:00 pm Blaine	12 <u>Game</u> Varsity Home 7:00 pm Blaine	13 <u>Game</u> JV Away 4:00 pm Blaine	14
16 <i>2:45-6 Practice</i>	17 <u>GAME</u> 9th grade Home 4:00 pm Farmington	18 <i>2:45-6 Practice</i>	19 <u>Game</u> Varsity Away 7:00 pm Farmington	20 <u>Game</u> JV Home 10:00 am Farmington	21 MEA Weekend
23 <i>2:45-6 Practice</i>	24 <i>Varsity 2:45-6 Practice</i>	25 <i>Varsity 2:45-6 Practice</i>	26 <i>Varsity 2:45-6 Practice</i>	27 <i>1st round of 6A Playoffs</i>	28
30 <i>2:45-6 Practice</i>	31 <i>2:45-6 Practice</i>	Nov. 1 <i>2:45-6 Practice</i>	2 <i>2:45-6 Practice</i>	3 <i>2nd round of 6A Playoffs</i>	4

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November 2023



Mon	Tue	Wed	Thu	Fri	Sat
30 <i>2:45-6 Practice</i>	31 <i>2:45-6 Practice</i>	Nov. 1 <i>2:45-6 Practice</i>	2 <i>2:45-6 Practice</i>	3 2nd round of 6A Playoffs	4
6 <i>2:45-6 Practice</i>	7 <i>2:45-6 Practice</i>	8 <i>2:45-6 Practice</i>	9 <i>2:45-6 Practice</i>	10 6A State Quarter- Finals	11
13 <i>2:45-6 Practice</i>	14 <i>2:45-6 Practice</i>	15 <i>2:45-6 Practice</i>	16 <i>2:45-6 Practice</i>	17 State Semi- Finals US BANK	18
20 <i>2:45-6 Practice</i>	21 <i>2:45-6 Practice</i>	22 <i>2:45-6 Practice</i>	23 <i>2:45-6 Practice</i>	24 6A Prep Bowl US BANK	25
<u>Varsity Banquet</u> TBD					

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