

**2023 Coon Rapids Football Season
Parent/Player Handbook**



“WINNING EFFORT”



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MSHSL RULES THAT MUST BE FOLLOWED TO BE ELIGIBLE.

1. Mood Altering Chemicals

1. A student shall not use, have in possession, buy, sell or give away a beverage containing alcohol regardless of quantity.
2. A student shall not use, have in possession, buy, sell, or give away marijuana or any substance defined by law as a drug, unless specifically prescribed by his/her doctor for the student's own use.
3. A student shall not use, have in possession, buy, sell or give away tobacco.

***Note-All the above bylaws apply to the 12-month calendar year.

2. Guilt by Association (attending an unlawful event)

If you attend any function in which alcohol or drugs are being consumed it is your responsibility to leave immediately. Failing to leave immediately will put you at risk of being in violation of Minnesota State High School League Bylaw 206. By attending an "unlawful" event, you are in violation of the by-law.

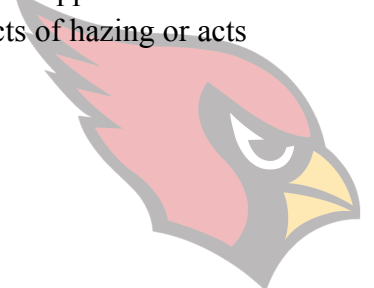
3. Harassment/Bullying

This is not tolerated in any activity. The same school rules apply. If you are being harassed or bullied, please notify a coach as soon as it occurs so the appropriate action can be taken. If a student is found to be harassing or bullying another, they will receive consequences according to school rules and will be serving a penalty under Minnesota State High School League bylaw 206.

4. Hazing

Hazing and other acts of initiation are not tolerated. Such behaviors will always lead to punishment of the students involved. Teams should be built on trust and support. Not on actions that lead to embarrassment and rituals of passage. Again, no acts of hazing or acts of initiation will be tolerated.

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ADDITIONAL POLICIES

1. Ten Day Refund Policy

Participants of an activity have 10 scheduled practice days from the 1st date of an activity's start date, (or the participant's sign-up date if later than start date) to resign from the activity and receive a refund of their activity fee. After 10 days a student will not receive a refund.

2. Equipment

If a student is removed or quits the team it **is their responsibility** to turn in any equipment that they may still have in their possession. Failure to do so will result in fines being assessed to the student. If necessary, we will ask Coon Rapids Police to get involved with possible theft charges.

3. Informed Consent

By its nature, participation in interscholastic athletics and fine arts activities may include risk of injury and the transmission of infectious diseases such as HIV and Hepatitis B. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school activities programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow proper conditioning programs, and inspect their own equipment daily.

Students involved in our extra-curricular programs are reminded that participation is a privilege, not a right.

Suspension or termination of the participation privilege is within the sole discretion of the school administration.

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ADDITIONAL IMPORTANT INFORMATION:

Expectations:

Sportsmanship is very important at Coon Rapids High School and throughout the Northwest Suburban Conference.. We will always expect high levels of sportsmanship from all of our athletes, coaches and fans.

We expect all students to represent themselves, our school and their families with class and dignity.

Communications:

Consistent methods of communications are important in all of our programs. Many of our head coaches have developed specific procedures that need to be followed. When the Activities Office is contacted about specific team issues, the person calling will always be guided to have the first communications with the Coach. A second step would be a meeting that includes the family, the athlete, the coach and the A.D.

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CRHS Athletic and Activities Mission

Mission:

CRHS Activities' mission is to provide effective interscholastic athletic programs that teach students life long skills through equitable participation opportunities and the presence of skilled staff members of strong character who embody the transformational coach philosophy. Students will achieve academic success, build character, develop a strong work ethic, gain and practice leadership skills, and be prepared to have a positive impact on the community.

Vision:

CRHS Activities seeks to increase the overall participation of our diverse student body in activities while providing leadership opportunities to create citizens ready to contribute positively in the Coon Rapids and global communities.

Academic Eligibility:

Students must be on track to graduate with preset credit requirements in order to participate in high school athletics. If a 9th-11th grader is within 1 credit of the baseline requirement they may be put on academic probation and still participate. 12th graders need to be within .5 credits in order to qualify for probation. Students can only be on academic probation once in their high school careers. Students who have Individualized Education Plans are not always subject to the credit guidelines below. See the Activities Director with questions.

Anoka-Hennepin Credit Requirements for Activities Eligibility

27 Credits to Graduate			
Grade	Tri 1	Tri 2	Tri 3
9	0	1.5	3.5
10	5.5	8	10
11	12	14.5	17.0
12	19.5	22	24.5

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Registration Process/Payment Options/Physicals:

Registration: [Online Registration Instructions](#). All students must be registered for their sport prior to participating. They will register online through SchoolPay. The Activities Office will provide a list of students that are cleared. If students are not on that list they cannot participate.

Payment Options: If a student qualifies for free lunch their registration fees are waived. If a student qualifies for reduced lunch their fees are cut in half. If a student is struggling to pay the registration fee the activities office can set up a payment plan with the family upon request.

Physicals: Sports physicals are good for three years. All athletes must have a current physical on file with the school prior to registration. Their physical must be valid through the entire season or it is considered expired. The forms can be brought into or faxed to the activities office.

Scheduling Conflicts Between Fine Arts, Sporting Events, and Athletes in Multiple Sports:

Student athletes have the option of choosing between a fine arts activity and a sporting event when there is a scheduling conflict that occurs. The student should not be penalized in any way (playing time in the next game, starting the next game, etc) by either their fine arts advisor or their coach for the decision that is made. The student should let either the Coach or Activities Advisor know as soon as possible if there is a conflict.

- Concerts, musicals, and plays do take precedence over sports practices.
- Games take precedence over other sports practices and fine arts practices.



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Coon Rapids Football Vision and Mission

Vision Statement:

Coon Rapids will continue the proud tradition at CRHS by practicing excellence in and out of the classroom. This will be demonstrated by emphasizing academics, leadership and character to be active in our community and competitiveness on the football field.

Mission Statement:

My purpose is to build character, work ethic and leadership in every athlete I coach. I will do this by building relationships with players to ensure athletes are successful not only on the field, but off the field as well.

Purpose: #1 Rule for every Cardinal Football Player is to never let your teammates down

Program Philosophy:

- To become the best football TEAM we can be (*High School - Booster - Youth*)
- Create and change a CULTURE that student-athletes want to be apart of
- To create LEADERS who will make a difference in our community
- Create a POSITIVE experience for everybody involved!

Football Philosophy:

- Strong Academics (GPA: 3.0+)
- Strong Work Ethic/Effort
- Positive Character
- # of Multi-Sport Athletes
- Be fundamentally sound on Offense, Defense and Special Teams.
- Create schemes and concepts that will make us successful on the football field.
- Goal: 22 starters
- Have Fun!

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Winning Effort

The expectation for a Coon Rapids football player is to exemplify “**Winning Effort**” in all aspects of their lives:

- **School:** treat teachers & classmates w/respect, be on time, participate, sit in the front of class, get homework done ~ do the best you can!
- **Football:** work hard, be at practice, be a leader, be a good teammate, hold your teammates accountable!
- **Life:** be a good person, treat people with respect, help others, be active in your community!

There are many things that are bigger and more important than Football. However, the greatest thing about football is the fact of how it teaches us about life. As a football player, it is sometimes difficult to see the bigger picture when you’re within the moment.

Our objective as a program is to teach our young men life lessons using the game of football. There needs to be an understanding throughout our season that there will be good times and bad...just like in life!

If we can achieve “**Winning Effort**” in our daily lives, we will see the results we’re looking for!

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Player Expectations

In-School:

The following are expectations of our players before, during and after school hours:

- **Be on time to class.** There are limited excuses for a player to be late to class
- Show up. It is an expectation for players to attend all of their classes
- Sit in the front of the room (unless assigned seats) and participate
- Complete assignments, homework and tests in a timely manner
- Pass all of your classes. Do the best you can, everyone can achieve C's!
- **Stay off your cell phone.** Focus on the content and lesson at-hand
- No wandering the hallways. Be where you're supposed to be. **You know!!!**
- Don't make a mess, clean up after yourself. Help keep our school clean
- Be respectful of staff, teachers and classmates. Treat others with respect
- **There will be no teasing, bullying, hazing or harassing of any students at CRHS or any other school in the state. If identified through the school, possible automatic dismissal from the team**

Accountability:

If reported that a player is not following these expectations from an administrator, teacher or staff member... the coaching staff will take the following actions:

1. A conversation with the player will be had with the Head Coach and Position Coach
 - A **daily reminder** will be assigned to the player as well

***Daily Reminder** is a physical endurance exercise a player must complete after practice. If not completed, it will double and must be complete before the next practice

2. If behavior continues to occur, the player will lose playing time. Depending in the severity of the issue, a player can lose:
 - Starting Position, Drive, Quarter, Half or Game

****Conversation home with parent/guardian will also happen****

3. If behavior continues to occur, possible removal or dismissal from the team will happen

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Academic Expectations:

Academics are an important part of our football program. We are very serious about pushing our players both academically and athletically. **Playing football is a privilege, not a right.** We are student-athletes whose academics must come first. We will accommodate all of our players to the best of our ability but understand the classroom is different from the football field.

It is an expectation for all of our players to be passing their classes. We understand everyone learns at a different rate and has certain strengths. **But in order to play football, players must do the following if they are failing a class(es):**

Policy:

Starting on **Monday, September 18th (Week 4 - Champlin Park)**, players will show their position coaches their current grades for the Tri. This policy will repeat every Monday for the rest of the season. If a player is failing a class or classes, they will need to create an academic plan and show their position coach they're going to make progress in improving their grades.

- **Academic Plan:** An academic plan is an electronic or written document that states the player is making an effort to improve his grade. It must state what the player needs to make up, turn-in or complete and when the player is going to do so. This must be given to their position coach before the start of practice on **Wednesday** of that week.

Practice: If the player turns in the "Academic Plan" before the start of practice on Wednesday. The player will be allowed to practice throughout the rest of the week. If the player does not turn in the "Academic Plan" before Wednesday, the player will not be allowed to practice until they do so.

- **Note:** If the player is missing "significant" practice time to make up for the failing class, starting position or playing time could be affected. We encourage all of our players to find time before or during school to make up the failing class.

Playing Time: If the player turns in the "Academic Plan" and does not miss practice, the player will be allowed to play in the game that week.

- **Note:** If the player's grade is not changed by the next Monday, it will affect playing time in the next game.

Playing Time: Just like in practice, playing time will be affected by how much practice the player misses during the week. Period. Players must be held accountable for their grades and responsible for putting themselves in a position to be successful in life. Starts, quarters, and halves could be lost. These players are still allowed to come to games, but cannot play.

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Practice Expectations:

The following are expectations during practice and games throughout the season:

- Be prepared. Have all your equipment including **helmets, shoulder pads, girdles, practice jersey and mouthguard** ready to go. You must have all of this in order to practice
- No tinted visors during practice. Only clear visors allowed
- Be on time for practice. Prioritize your after school commitments
- Always have an extra pair of tennis shoes, shorts, pants and sweatshirt in your locker
- Make sure your locker is locked everytime you leave the locker room
- Help clean the locker room before and after practice
- **Appropriate colors you can wear: Red, White, Black, Grey. No other colors**
- **NO PAJAMA PANTS AT PRACTICE!**
- Be focused and listen. Be coachable

Game Expectations:

- Be prepared. Must have all of your equipment and properly dressed
- Focused and not being a distraction on the sidelines
- No squirting of water at any teammates before, during or after games
- The following accessories are okay: arm sleeves, leg sleeves, bands and hand warmers
 - Must be Red, White, Black or Grey
- Long sleeves and sweatshirts are okay underneath. But must be Red, White, Black or Grey
- Players will be asked to remove accessories that do not abide by these standards
- No throwing or slamming of helmets during games
- No cussing or talking back to referees during games

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Commitment/Advocacy/Communication:

Commitment:

Definition: the state or quality of being dedicated to a cause, activity, etc.

- Be Committed to Coon Rapids
- Be Committed to Football
- Be Committed to Academics
- Be Committed to Weight room
- Be Committed to Family
- Be Committed to Teammates
- Be Committed to Yourself

Advocation:

- We want your sons to advocate for themselves and be proactive in life!
- If your son has an issue, we will follow the following protocol:

1. Talk to their Position Coach
2. Talk to their Head Coach – Nick Rusin or Chad Miller
3. Parent/Player meeting will be set up with Head Coach
4. Meeting with Activities Director – Jeff Thompson

Note: We understand as coaches, we will make decisions that do not favor everyone. We ask players to communicate with us if they have an issue or problem.

Communication:

It is the players responsibility to communicate with their coaches if they are not going to be at practice or games. Whether it is working on their academics, family emergencies or being ill...players must communicate with their position coach and head coach. If the player does not communicate and has unexcused absence, loss of playing will occur.

Players can communicate with their coaches through hudl, phone, text messages, email or in person.

*Note: Not being at practice will result in losing playing time

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Non-Negotiables:

Non-Negotiable: not open to discussion or modification

Accountability: the obligation or willingness to accept responsibility for their actions

Here are Non-Negotiables for the CR Football Staff:

- Non-Communication / No show at practice
- Non-Communication / Late to practice
- Disrespectful Behavior
- Skipping or showing up late to class

This all comes down to **#WinningEffort**.

You know what's right; you know what's wrong!

If players do not communicate with their coaches about missing practice or games, it will result in an unexcused absence!

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Social Media:

Social Media:

As you begin participation in another athletic season, the Athletic Department of Coon Rapids High School and our coaching staff want to make sure you are aware of the revised social networking guidelines. The Coon Rapids High School Football Program recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for The Coon Rapids High School Football Program is a privilege. As a student-athlete, you represent Coon Rapids High School and Anoka-Hennepin Public Schools and the communities that surround Coon Rapids High School and you are expected to portray yourself, your team, and the School District in a positive manner always.

Below you will find the new social networking guidelines which provide the following guidelines for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Comments made in person, the Coon Rapids High School Football Program, Coon Rapids High School and Anoka-Hennepin Public Schools will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches; other Coon Rapids High School Football student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - Creating a danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation—regardless of if the violation was unintentional or intentional.

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Social Media Cont.:

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

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POLICIES AND PROCEDURES

Football Equipment:

The football equipment your son wears is the best money can buy. Each player is individually fitted by the coaching staff. We teach the most up-to-date techniques in the game. Your son is taught to block and tackle with their head up to prevent injury. He is constantly reminded to avoid leading with the head, as this can lead to a very serious injury.

Equipment Policy:

Your son is responsible for the equipment issued to him. **Players must pay for any unreturned or damaged equipment.** Here is the list of equipment your son is responsible for:

- Helmet = \$500+
- Shoulder Pads = \$150
- Game Jerseys (Red, White, Black) = \$100 each
- Game Pants (Red, White, Black) = \$40 each
- Practice Jersey (Red, White or Black) = \$20
- Girdle = \$35

Uniform Care:

1. If possible, clean immediately after wearing or soak in cold water overnight.
2. Shake off dried mud or rinse off wet mud before cleaning.
3. Avoid excessive heat while washing and drying.
4. Please mend snags and rips after cleaning.
5. Use regular detergent.
6. Avoid bleach!!!

Nutrition:

Pre-game: A good pre-game meal consists of carbohydrates and should be consumed 3 to 4 hours before game time. Avoid proteins and sugars as they are harder to digest. Pancakes, pasta, and breads are examples of good pre-game foods.

Game Week:

A good diet and plenty of rest are essential. The meal consumed the night before the game is also very important. The drinking of fluids during the week and the night before the game is very important.

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POLICIES AND PROCEDURES Cont.:

Spring Break:

At Coon Rapids we support and encourage parents to allow students to go only on Spring Break family trips that are chaperoned by parents. Unchaperoned trips often result in students using alcohol becoming involved in inappropriate sexual behavior. Parents, beware that many advertised trips for students to destinations such as Cancun, etc. allow and encourage such activity.

School Attendance:

Players must be in school before 11:00 a.m. to practice or play. This policy does not pertain to doctor, dentist, or field trip situations

School Discipline:

A player who spends the day in In-School Suspension will not participate in practice or in a game on that day

Theft:

A player who steals from another football player will be held accountable and possible removal from the team for the remainder of the season

Fighting:

A player who gets into a fight with another football player, or anyone in school will be disciplined according to the MSHSL Code of Conduct Policy. This policy will result in loss of game time (number of games can vary for each instance). Removal from the team could result.

Injury Procedure:

If an injury occurs during practice or during a game, a coach will try to contact you. If it is an emergency and we cannot contact you, we will get your son to a doctor if you consent. A trainer is present during games. The trainer will treat non-emergency situations. If a problem surfaces after hours, you can call the Institute for Athletic Medicine Athletic Injury Hotline at 612-920-8850 to speak to an on-call trainer. Our trainer, Jeremy, has a voicemail box number at Coon Rapids which is 763-506-7114. Leave him a message and he will get back to you at his convenience. **JeremySheppard@tcomn.com**

In case of illness:

Please contact your position coach or Head Coach if you cannot attend school and practice because of an illness

VARSITY & JUNIOR VARSITY:

Nick Rusin	Cell: (763-350-6991)
	School: (763-506-7189)

FRESHMEN:

Chad Miller	Cell: (612-910-1257)
	School: (763-506-7285)

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2023 Coon Rapids Football Staff:

Varsity:

1. Nick Rusin, Head Coach (Quarterback's)
2. Nolan Schlinsog (Inside WR's)
3. Zach Swingen (Offensive Line)
4. Sam Carver (Outside WR's)
5. Chad Miller (Running Back's)
6. Zach Nienaber, Defensive Coordinator (Inside Linebackers)
7. Zon Nienaber (Defensive Line)
8. Ryan Nelson-Cain (Defensive Line)
9. Jacob Metzger (Outside LB's)
10. Jared Grams (Defensive Backs)
11. Anthony Smith (Defensive Backs)

Freshmen:

1. Chad Miller, Head Coach (QB's/RB's)
2. Jason Lindquist, Defensive Coordinator, (Defensive Line)
3. Tim Mandyck (Offensive/Defensive Line)
4. Kyle Fleury (Offensive Assistant)
5. Cody Ives (Defensive Assistant)

Administration:

1. John Pena - Principal
2. Jeff Thompson - Activities Director
3. **Jacque Lacy - Activities Secretary - jacqueline.lacy@ahschools.us**
4. Maria Schinzel - Attendance [A-G] - 763-506-7308
5. Ana Cuate-Pacheco - Attendance [H-O]- 763-506-7107
6. Maria Roberts - Attendance [P-Z] - 763-506-7202

Counselors:

A-CH	CI-G	H-K	L-O	P-ST	SU-Z
Mr. Cox	Ms. Corneil-Smith	Ms. Piner	Ms. Wolters	Mr. Ogorek	Ms. Storrick

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COON RAPIDS GRIDIRON CLUB

Philosophy:

The primary purpose of the organization is to promote and enhance the football program at Coon Rapids High School. The Coon Rapids Gridiron Club has two main functions:

1. The Gridiron Club assists the coaching staff in raising necessary funds for the football program.
2. Members of the Gridiron Club sponsor many events throughout the football season for players and parents as well as assist with projects such as the game program.

Events:

1. Kick-Off Night
2. Pre-Game Breakfast, First Varsity Game
3. Home Games – Food, Apparel, etc.
4. After Game Safe Parties
5. Parent/Senior Night
6. Homecoming
7. Tackle Cancer
8. Varsity/Freshman Banquet

Fundraisers:

1. Gold Cards
2. MYAS Tournaments
3. Snap Raise
4. Cub Food Bagging

Projects:

1. Game Program Advertisements
2. Gold Card

Coon Rapids Gridiron Club



How to get involved!



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Parent Expectations

“When Parents Cross the Line”

Bruce Brown, speaker for the National Association of Intercollegiate Athletics and its “Champions of Character” program, has great advice for the parents who have children competing in high school athletics. **“Athletics is one of the best places for young people to take risks and fail,”** Brown said. Brown outlines “red flags” that indicate a parent may be too involved.

1. Parents who share the credit for their child’s accomplishments.
2. An athlete who avoids a parent after the game.
3. When the game’s outcome means more to the parent than the player.
4. Parents who try to solve problems best left to the team and players.

Brown encourages parents to ask their sons or daughters these questions before the season starts.

1. Why are you playing?
2. What is a successful season?
3. What goals do you have?
4. What do you think your role will be on the team?

He encourages parents to ask themselves the same questions, plus what the parent hopes to gain from their child's experience. “If your answers are different from theirs, you need to drop yours and accept theirs,” he advises. For example, if an athlete is playing basketball because he likes the sport and enjoys being a part of the team, trouble is inevitable if the parent’s chief objective is to win a college scholarship.

The coach – parent relationship can be a delicate one, and Brown said there are “appropriate” and “inappropriate” subjects to discuss with coaches. Appropriate subjects include mental and physical treatment of a child, ways to help their child improve and any concerns about the athlete’s behavior. Inappropriate subjects include playing time, strategy, and other team members.

Brown is quick to remind everyone that the only guarantee in a sports season is “that it won’t be perfect.” “Even if there aren’t problems among players, parent’s problems with playing time, and problems with individual and team success,” he said. As a coach, Brown said he had one commandment for his players: **“Don’t let your teammates down.”**

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Parent Expectations Cont.:

We expect all parents/guardians to support and uphold all of the football programs policies and expectations. We expect all guardians to represent our football program the same way we ask our players to. The following are expectations we expect all parents/guardians to follow:

TEN COMMANDMENTS OF FOOTBALL PARENTS

**“As parents, encourage – do not complain.
motivate – do not agitate; be a team parent.”**

1. Be positive with your son. Let him know it is a great accomplishment to simply be a part of Coon Rapids Football.
2. **Do not offer excuses for why he is not playing.** There is usually a reason for it. Encourage him to work hard and do his best.
3. **Do not criticize his coaches.** The coach represents: The Boss, Authority, the Parent, and the Teacher. If you constantly criticize your son's coaches, you cannot expect him to play for them. He is being taught to be a complainer, not a doer. Discuss problems with your son. If needed, have your son talk to his position coach. If you are still not satisfied, meet with Coach Rusin. Problems do not get solved unless your son communicates with his coaches.
4. **Encourage your son to follow team and school rules.** If we are going to truly be successful, your son must follow the MSHSL rules, Coon Rapids High School rules, and Cardinal Football rules.
5. **Insist on your son working to his ability academically.** Check the number of hours your son spends on homework. It is the duty of the parent to see that their son is working in the classroom. No matter how good a player he may be, if he doesn't have good grades, he doesn't get into college – times have changed.
6. **Do not develop envy toward other players.** Do not live your life vicariously through your son. Football is a game – let them play it. Do not show animosity or jealousy for any of your son's teammates because they score more goals or get more publicity. Who cares who scores or gets the publicity? The important thing is that every player on the team does his best!
7. **Do not be a know-it-all.** The coaching staff at Coon Rapids works with your son and his teammates every day. They know what each player can do and what each player cannot do. As a fan, you are encouraged to be “into the game,” but please be positive toward our

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players and coaches.

8. **Insist on your son's** respect for the game of football, the officials, and our opponent's players and coaches. Instill in him the importance of sportsmanship. Make sure he understands how important it is to have "class." **It takes years to develop a "class" program, but it can take seconds to destroy it.**
9. **Foster in your son a positive self-image.** Do not compare your son with former family members who played. Help him in any way possible to feel good about himself and his role in Coon Rapids Football.
10. **Encourage your son to play the game of Football for the "love of the game."** **Winning will take care of itself. Post-season awards will take care of themselves. College scholarships will take care of themselves. Usually, good things happen to teams and individuals who happen to be unselfish, hard-working, and committed.**

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