



# Coon Rapids Football

## June 2021



Mon

Tue

Wed

Thu

Fri

Sat

	<p><i>1</i></p> <p><b>Tuesday, June 1st</b></p> <p>Team Meeting for 10th-12th graders in room 004: 2:45-3:15</p> <p>Equipment Hand-out: 3:15-4:15</p>	<p><i>2</i></p>	<p><i>3</i></p>	<p><i>4</i></p>	<p><i>5</i></p>
<p><i>7</i></p>	<p><i>8</i></p>	<p><i>9</i></p>	<p><i>10</i></p> <p><b>LAST DAY OF SCHOOL</b></p>	<p><i>11</i></p>	<p><i>12</i></p>
<p><i>14</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>9th-12th Grade O&amp;D Camp: 9:30 AM Room 004 10:00-12:00 Practice #1 (Helmets Only)</p> <p><u>Passing League @ Osseo H.S.</u> 6PM—10th &amp; JV 7PM—Varsity</p>	<p><i>15</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>9th-12th Grade O&amp;D Camp: 10:00-12:00 Practice #2 (Shells)</p>	<p><i>16</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>9th-12th Grade O&amp;D Camp: 10:00-12:00 Practice #3 (Shells)</p>	<p><i>17</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>9th-12th Grade O&amp;D Camp 10:00-12:00 Practice #4 (Full Pads)</p>	<p><i>18</i></p> <p>Football and Weights Off</p>	<p><i>19</i></p>
<p><i>21</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p><u>Passing League @ Osseo H.S.</u> 6PM—10th &amp; JV 7PM—Varsity</p>	<p><i>22</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p><i>23</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Varsity Practice: #5 9:30-10:30 AM</p>	<p><i>24</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p><i>25</i></p> <p>Football and Weights Off</p>	<p><i>26</i></p>
<p><i>28</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p><u>Passing League @ Osseo H.S.</u> 6PM—10th &amp; JV 7PM—Varsity</p>	<p><i>29</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p><i>30</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Varsity Practice: #6 9:30-10:30 AM</p>	<p><i>1</i></p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p><i>2</i></p> <p>Football and Weights Off</p>	<p><i>3</i></p> <p>Questions? Call Coach Rusin 763.350.6991</p>

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# Coon Rapids Football July 2021



Mon

Tue

Wed

Thu

Fri

Sat

<p>28</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p><u>Passing League @ Osseo H.S.</u> 6PM—10th &amp; JV 7PM—Varsity</p>	<p>29</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>30</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Varsity Practice: #6 9:30-10:30 AM</p>	<p>1</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>2</p> <p>Football and Weights Off</p>	<p>3</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p><b>MSHSL Non-contact week from July 3rd-9th</b></p>					
<p>12</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p><u>Passing League @ Osseo H.S.</u> 6PM—10th &amp; JV 7PM—Varsity</p>	<p>13</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>14</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Varsity Practice: #7 9:30-10:30 AM</p>	<p>15</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>16</p> <p>Football and Weights Off</p>	<p>17</p>
<p>19</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p><u>Passing League @ Osseo H.S.</u> 6PM—10th &amp; JV 7PM—Varsity</p>	<p>20</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>SCRIMMAGE???</p>	<p>21</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Varsity Practice: #8 9:30-10:30 AM</p>	<p>22</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>23</p> <p>Football and Weights Off</p>	<p>24</p>
<p>26</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Summer Youth Camp 6:00—7:30PM (Youth Camp K-8) @CRHS</p>	<p>27</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Summer Youth Camp 6:00—7:30PM (Youth Camp K-8) @CRHS</p>	<p>28</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Summer Youth Camp 6:00—7:30PM (Youth Camp K-8) @CRHS</p>	<p>29</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p> <p>Summer Youth Camp 6:00—7:30PM (Youth Camp K-8) @CRHS</p>	<p>30</p> <p>Football and Weights Off</p>	<p>31</p> <p>Questions? Call Coach Rusin 763.350.6991</p>

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# Coon Rapids Football August 2021



Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>3</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>4</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>5</p> <p><u>SUMMER STRENGTH:</u> 7:30-9:00 AM 9th-12th</p>	<p>6</p> <p><b>Thursday, August 5th: Hand-out Gold Cards at 9:00am @CRHS</b></p>	
<p>9</p> <p>*****</p>	<p>10</p> <p>***** <i>Get out and SELL Gold Cards</i> *****</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>*****</p>
<p>August 5th—Equipment Handout from 10:00-12:00</p>					
<p>16</p> <p><b>Start of season:</b> 7:30-8:00 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</p>	<p>17</p> <p>7:30-8:15 Weights 8:15-8:45 Team Mtg 9:00-11:00 Practice #3</p>	<p>18</p> <p>7:30-8:00 Team Mtg 8:15-10:15 Prac. #4 10:30-11:00 Lunch 11:00-11:30 KOR 11:30-12:00 Pos. Mtg 12:15-2:15 Prac #5</p>	<p>19</p> <p><b>GOLD CARD NIGHT</b>  11:00-11:45 WEIGHTS 12:00-12:30 Team Mtg 12:45-2:45 Practice #6 2:45-3:00 PAT/FG  3:15-4:00 Team BBQ 4:00 Gold Card Blitz 8:30PM Return</p>	<p>20</p> <p>8:30-10:30 Prac. #7 10:45-11:15 Lunch 11:15-11:45 Team Mtg 11:45-12:15 Position Mtg 12:30-2:30 Prac. #8</p>	<p>21</p>
<p>23</p> <p>7:30-8:00: Program Mtg 8:00-8:30: Pos. Mtg 8:45-10:45: Prac. #9 10:45-11:30: Lunch 11:30-12:00: Punt 12:15-2:15: Prac. #10</p> <p><b>FOOTBALL PARENT MEETING @7:00pm in CRHS AUDITORIUM!</b></p>	<p>24</p> <p>7:30-8:15 WEIGHTS 8:15-8:45 Team Mtg 9:00-11:00 Prac. #11 11:15-11:30 KO Mtg</p>	<p>25</p> <p>8:00-9:45: Practice #12 10:00-10:30: Punt Mtg 11:00-11:30: Film</p> <p><b>Kick-Off Night Food &amp; Vendors</b></p> <p><b>KICK-OFF Night 5:00PM-8:30PM</b></p>	<p>26</p> <p>9:00-9:30 WEIGHTS 9:45-11:30 Prac. #13</p> <p><b>FMSC: 12:00-2:00</b></p> <p>All 9th-12th graders</p>	<p>27</p> <p>8:30-10:30 Prac. #14 10:45-11:15 Lunch 11:15-11:45 Team Mtg. 11:45-12:15 Position 12:30-2:30 Prac. #15</p> <p><b>9th grade scrimmage @ Tartan 9:00-11:00 AM</b></p>	<p>28</p> <p><b>Vars./JV Scrimmage @Tartan vs. Tartan Apple Valley St. Louis Park 9:00-11:00 AM</b></p>
<p>30</p>	<p>31</p>	<p>Sept. 1</p> <p>9th grade game</p>	<p>2</p> <p>1st Varsity Game</p>	<p>3</p> <p>8:00 AM Varsity Video JV Game</p>	<p>4</p>



# Coon Rapids Football

## September 2021



Mon	Tue	Wed	Thu	Fri	Sat
<i>Aug 30</i> 2:45-6 Practice	<i>31</i> 2:45-6 Practice	<i>1</i>	<i>2</i>	<i>3</i> 8:00 AM Varsity Video	<i>4</i>
<i>6</i> <b>Labor Day</b> 3:00-6 Practice for 10th-Varsity Teams	<i>7</i> FIRST DAY OF SCHOOL 2:45-6 Practice	<i>8</i> 2:45-6 Practice	<i>9</i> 2:45-6 Practice	<i>10</i>	<i>11</i>
<i>13</i> 2:45-5 Practice	<i>14</i> 2:45-5 Practice	<i>15</i> 2:45-5 Practice	<i>16</i> 2:45-6 Practice	<i>17</i>	<i>18</i>
<i>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</i>	<i>25</i>
<i>27</i> 2:45-6 Practice	<i>28</i> 2:45-6 Practice	<i>29</i> 2:45-6 Practice	<i>30</i>	<i>Oct. 1</i>	<i>2</i>

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# Coon Rapids Football

## October 2021



Mon	Tue	Wed	Thu	Fri	Sat
<i>Sept. 27</i> <i>2:45-6 Practice</i>	<i>28</i> <i>2:45-6 Practice</i>	<i>29</i> <i>2:45-6 Practice</i>	<i>30</i> <i>2:45-6 Practice</i>	<i>Oct. 1</i>	<i>2</i>
<i>4</i> <i>2:45-6 Practice</i>	<i>5</i> <i>2:45-6 Practice</i>	<i>6</i> <i>2:45-6 Practice</i>	<i>7</i> <i>2:45-6 Practice</i>  <i>9th @</i> <i>Armstrong</i> <i>4:30 pm</i>	<i>8</i>	<i>9</i>
<i>11</i> <i>2:45-6 Practice</i>	<i>12</i> <i>2:45-6 Practice</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>
<i>18</i> <i>2:45-6 Practice</i>	<i>19</i>	<i>20</i> MEA GAME	<i>21</i>	<i>22</i>	<i>23</i>
			<b>MEA Weekend</b>		
<i>25</i> <i>2:45-6 Practice</i>	<i>26</i> <i>5A Playoffs</i> <i>Round 1</i>	<i>27</i> <i>2:45-6 Practice</i>	<i>28</i> <i>2:45-6 Practice</i>	<i>29</i> <i>2:45-6 Practice</i>	<i>30</i> <i>5A Playoffs</i> <i>Round 2</i>

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# Coon Rapids Football

## November 2021



Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i> <i>2:45-6 Practice</i>	<i>2</i> <i>2:45-6 Practice</i>	<i>3</i> <i>2:45-6 Practice</i>	<i>4</i> <i>2:45-6 Practice</i>	<i>5</i> <i>5A</i> <i>Playoffs</i> <i>Round 3</i>	<i>6</i>
<i>8</i> <i>2:45-6 Practice</i>	<i>9</i> <i>2:45-6 Practice</i>	<i>10</i> <i>2:45-6 Practice</i>	<i>11</i> <i>2:45-6 Practice</i>	<i>12</i> <i>2:45-6 Practice</i>	<i>13</i> <i>5A</i> <i>State</i> <i>Quarter-</i> <i>Finals</i>
<i>15</i> <i>2:45-6 Practice</i>	<i>16</i> <i>2:45-6 Practice</i>	<i>17</i> <i>2:45-6 Practice</i>	<i>18</i> <i>2:45-6 Practice</i>	<i>19</i> <i>2:45-6 Practice</i>	<i>20</i> <i>State</i> <i>Semi-</i> <i>Finals</i> <i>US BANK</i>
<i>22</i> <i>2:45-6 Practice</i>	<i>23</i> <i>2:45-6 Practice</i>	<i>24</i> <i>2:45-6 Practice</i>	<i>25</i> <i>2:45-6 Practice</i>	<i>26</i> <i>2:45-6 Practice</i>	<i>27</i> <i>5A</i> <i>Prep</i> <i>Bowl</i> <i>US BANK</i>
<b><u>Varsity Banquet</u></b> TBD					

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