

2025 Champlin Park Rebels Football

Parent/Player Meeting 2025

Head Coach: Nick Keenan
nick.keenan@ahschools.us

Team Website: www.champlinparkfootball.org

Twitter (X): @cprebelfootball

Instagram: @cprebelfootball

Facebook: Champlin Park Rebels Football

2025 Coaches

Varsity and JV coaches

Nick Keenan, Michael Fuller, Mike Korton, Doug Swenson, Jeff Ross, Paul Strong, Ryan Tohm, Bruce Leonhardt, Pete Ockuly, Tom Bruggers

10th grade coaches

Barry Boevers, Cam Witt, Adam Audette, Lawrence Ogunti, Jordan Wick
barry.boevers@ahschools.us

9th grade coaches

Collin Wagner, Patrick Mengelkoch, Daniel Lerberg, Zach Dykes, Kentral Galloway, Corey LaPlante

collin.wagner@ahschools.us

MSHSL RULES and ELIGIBILITY

1. Code of Conduct (Anything unbecoming of a student athlete)
2. Chemicals (Alcohol, tobacco, e-cigarettes, drugs, prescription medication not prescribed to you)

MSHSL policies serve as minimum

1st Offense – 2 weeks or 2 games whichever is longer

2nd Offense – 6 weeks or 6 games whichever is longer

Guilt by association (Leave any gathering where there are chemicals present)

Violation w/in one year = no captain

Parent-Coach-Player meeting necessary to resume practice

2nd violation requires assessment

2 violations in one season = termination

3rd violation at CPHS = MSHSL act. terminated

Social Media

Students who post personal information on Facebook, Twitter, Snapchat, Instagram, etc. should realize that this information is highly public and could be used as evidence in an eligibility hearing, or any matter that could result in school discipline.

Furthermore, student-athletes posting messages about teammates, teachers, coaches, officials or opponents of a derogatory hurtful, inflammatory, insulting or unsportsmanlike nature may also face code of conduct consequences resulting in a loss of eligibility.



Practice Started

Practice Started today

- *During Two-a-days, all grades will start at 7:30 AM unless noted otherwise
- *Everyday, players need to have mouth guards, cleats, and their football gear
- * Players also need to have tennis shoes, extra shirt, and extra shorts for inside practice and weightlifting.

Team Pictures

Team Pictures, Monday 8/18

8:00-9:30 AM: 9th Grade – CP Cafeteria, 10th Varsity Field, switch

9:30-11:30 PM: JV/Varsity – CP Cafeteria, then Rebels stadium



Picture Ordering

Kemmetmueller Photography

-It will take them about 14 days after our photo date to get photos edited and uploaded. Once everything looks good to go, they will send out emails to parents/guardians about our View First links.

-View First links will be released to students' parents/guardians when they are ready and uploaded.

They will also provide the appropriate contact information for parents if they have questions or need help ordering.

-Parents can then choose their photos or photo packages and all ordered pictures are delivered directly to families' homes in approximately 3-5 days. Parents who have multiple children in sports do have the option to add multiple photos so they only have to order one package.

Fundraising Card

	<h3>2025 VARSITY SCHEDULE</h3> <ul style="list-style-type: none"> ★HOME TH AUG 28 ST. MICHAEL-ALBERTVILLE AWAY FR SEP 05 Andover ★HOME FR SEP 12 CENTENNIAL AWAY FR SEP 19 Rogers AWAY FR SEP 26 Blaine ★HOME FR OCT 03 ANOKA AWAY FR OCT 10 Lakeville North ★HOME WE OCT 25 OSSEO 	<p>\$20.00 Valid Thru 8/31/2025</p> <p>BA PLAYOFFS: OCT 24 Round of 32 OCT 31 Round of 16 NOV 07 Quarter Final NOV 14 Semi Final NOV 22 Prep Bowl</p> <p><i>All funds raised are exclusively used by Champlin Football</i></p>
<p>SportClips HAIRCUTS</p> <p>\$3 OFF any haircut #2515 Valid Champlin loc only 1x per visit</p>	<p>SAVE 7¢ Any Grade of Fuel Limit 20 gallons. Please redeem inside</p>	<p>Pizza Ranch</p> <p>FunZone Offer 50% Off Arcade Games Every Monday</p> <p>\$5.00 off any large specialty pizza at menu price (1 per visit) code: 606334 Champlin</p>
<p>HyVee Best Breakfast buy 1 get 1 free</p> <p>\$5.00 OFF w/a purchase of \$75.00 Brooklyn Park ONLY (2 times used)</p>	<p>SUBWAY</p> <p>\$3 OFF code: 699FL</p>	<p>McSweeney's TAP</p> <p>half-price burgers on Mondays, kids eat free on Tuesdays with an adult entree purchase, and half off select appetizers on Sundays.</p> <p>9900 Colorado Ln N, Brooklyn Park</p>
<p>FREE regular sized SUB with purchase of regular SUB at equal or lesser value</p> <p>Jockey</p>	<p>FREE Pizza w/ the Purchase of a 2nd pizza at regular price Dine in only</p>	<p>CHAMPLIN ATHLETIC</p> <p>\$5.00 off purchase of \$40.00+ No Sales Items</p>
<p>Culver's</p> <p>FREE regular concrete mixer when you buy a 2nd mixer at regular price</p>	<p>Wendy's</p> <p>FREE single w/ purchase of a single at regular price 1 per visit</p>	<p>\$5.00 OFF your \$25 Purchase</p> <p>CHAMPLIN RESTAURANT Champlin: Not valid on Friday or Saturday. 2 beverage minimum required. One coupon per table.</p>
<p>5-8 GRILL & BAR</p> <p>Monday American Cheese Jolly Lucy get \$1 off your meal by bringing in a new or gently used bowl.</p> <p>6251 Douglas Court North</p>	<p>KWIK TRIP</p> <p>\$2.00 OFF any Take Home Meal NDT valid on TUE upc: # 3977905716</p>	<p>20 for \$20</p> <p>20 Beethoven, Clamato, Cream, Icy or Max 8 Pieces Wings in 2 of Your Favorite Flavors (Tip not included)</p>
<p>BUY 1 Blizzard get 1 FREE equal or greater value</p> <p>\$4 OFF any Cake</p> <p>DQ</p>	<p>Domino's</p> <p>50% Off All Orders CODE: DOMNEWS NOT valid with any other offers</p>	<p>Freddy's</p> <p>FREE Kids Meal with the purchase of an Adult Combo Meal on Tuesday from 4 pm to 8 pm</p>
<p>  www.champlinparkfootball.com  @cprebellfootball  www.facebook.com/cprebellfootball </p>		

Card Fundraiser

Fundraising Cards

Cards: All 9-12th grade players received 25 fundraising cards to sell to friends, family, people in the community, etc. ALL PLAYERS are required to sell their 25 cards. Players can take cash, checks (written out to CP Touchdown Club), or use our team Venmo. @CPTouchdownClub

BLITZ NIGHT (REQUIRED) on Tuesday 10/19 - All players meet with their game jerseys on at 4:30 PM in the auditorium. This is mandatory. Dinner: provided by TACO BELL, then head out into the community and sell remaining cards.

PLAYERS: Turn in all money and cards by blitz night:

Sell 25 cards and you receive a dry fit t-shirt, shorts and 2 free cards.

Sell 30 cards you get a dry fit t-shirt and shorts, 3 free cards, and joggers

Sell 40 cards you get a dry fit t-shirt and shorts, 4 free cards, joggers and $\frac{3}{4}$ zip

Sell 50 cards you get a dry fit t-shirt and shorts, 5 free cards, joggers, $\frac{3}{4}$ zip, and a backpack

Seniors – Must sell 25 to receive their varsity jersey at the banquet

We'll group younger players with older players on blitz night. If you don't want your son riding with an older player, please help and drive that night.

CP TOUCHDOWN CLUB

President: Merijo Schornstein

Vice President: Heather Felton

Treasurer: Denise Meng

Secretary: Leslie Torke

Website: Jenny Fenlason

Class Representatives

Class of 2026: Kyle and Gillian Tucker

Class of 2027: Sarah Prasky

Class of 2028: Jessica Latiolais

Class of 2030: Amanda Martin

We need to fundraise to run the program. Three big fundraisers

1. Cards (Right Now)
2. Basketball Tournament 2/28-2/29 2026
3. Mulch Sale April/May 2026

Injuries

- Injuries can happen in football.
- The coaches will defer to the athletic trainer (Alec Weis) with all injuries.
- He is available every day after school and covers all home events and travels with varsity football
- He has resources available for physical therapy, physicians, chiropractor and other specialties
- He and I set up Impact testing the first week of football.
- You can always contact him for any questions or concerns.
- If a player is injured, they should still come to practice. They can rehab their injury and still help the team out in many ways (filming practice, setting up, etc.)
- **It is up to the trainer if you're are sitting out a game or practice. He makes that decision.**
 - Alec Weis
 - School: 763-506-7076
 - email: AlecWeis@TCOMN.com

2025 Teams

Football is a competitive sport that has limited starting spots available. Starting spots will be determined by evaluating the athletes during practices/games and making decisions based on what's **best for the team**.

Varsity: The varsity team will consist of any athlete (9-12) who has been evaluated and is one of the best at his position and makes the best 11 on the field.

Junior Varsity: The Junior Varsity will consist of mostly 11-12th graders unless there is a specific need at a certain position, then a younger aged, capable athlete could play.

10A and 10B:

After two-a-days, all 10th grade players will be placed on A or B with a chance to move up or down throughout the course of the season, if needed. Most players will learn an offensive and defensive position.

9A and 9B:

After two-a-days, all 9th grade players will be placed on A or B with a chance to move up or down throughout the course of the season, if needed. All players will be playing an offensive and defensive position.

All players will play at some level if they show up to practice, keep their grades up and work hard.

Athletic participation is a privilege

As a member of the Champlin Park Football Program, you belong to an elite and highly visible group. No matter how successful we are on the field, we will always be judged by our behavior off the field.

Your grades now stay with you and are permanent. If you fail classes you might be ineligible to play football. If you have an F during the season, you can't play until it is up to a passing grade. We have a lot of people at the high school to help you. (counselors, social workers, advisors, other teachers, coaches).

If you're tardy to class, skip class, have behavior referrals to the principals: you will have football related consequences (bear crawls, running, loss of playing time, dismissal from the team).

Practice Expectations

All players are expected to attend all practices/meetings on time and if they can't, they need to communicate with their coach.

JV/Varsity Players: On days after games (mostly Saturdays) we will play JV games and varsity players will watch film, lift and condition, and then support the JV players.

MEA week-JV/Varsity:

Wednesday Night: Varsity Game at 6 PM

Thursday Morning: Varsity film at 8 AM, JV Game at 10 AM

Friday: OFF

Saturday: OFF

Sunday: OFF

If players have **unexcused** absences to practice this consequence chart will be followed.

1st absence: Extra conditioning, loss of playing time

2nd absence: Extra conditioning, loss of playing time

3rd absence: Meeting with player and a written contract and possible removal from the team.

THE TEAM COMES FIRST

- Personnel decisions in a team sport cannot be democratic in nature. Coaches will discuss every player's performance on a regular basis. When a final decision is made in regards to rank on a depth chart, it is always done with the team's best interests in mind. If you have a concern, you as a player must come and address the coaches about your situation. This is not a job for your parents.
- Quality teams are not distracted by discontent, jealousy, and rebellion. A great team will be reduced to mediocre amidst these types of problems.
- **THE TEAM COMES FIRST!!!**

When there is an issue to be addressed between a player and a coach this line of communication will be followed:

- 1) Player talks to Position or Grade Level Coach
- 2) Player and Head Coach meet
- 3) Player and Parent meet with Head Coach
- 4) Player and Parent meet with Head Coach and Athletic Director

Strength and Conditioning: All grades will be in a in-season program. In the off-season, football players are encouraged to join another sport/activity or strength and conditioning. There is a quality program in place in the winter, spring and summer. An athlete is missing a good opportunity for success in our program if he refuses to weight train, but more importantly a weak athlete is more likely to be injured when he does not participate.

We would hope that our athletes will eat healthy, well-balanced meals to maintain their health. Drink enough water. Rest is also important. Athletes need rest. Try to get 7-9 hours of sleep per night.

EXPECTATIONS OF PARENTS

- We would expect our parents to be positive about our program. If a parent makes negative comments about our program it prevents success and hurts others who are participating. When an athlete hears his parents speaking negatively, he learns to be negative not only about our program but about others too. Parents are the most important teachers in their children's lives. They teach by example. If there are problems, direct them to the coaches and try to make positive suggestions.
- Help recruit good athletes. Encourage other athletes and their parents to become team members.
- Try to attend as many games as possible. Athletes feel very positive about their parents' attendance.
- Don't be afraid to volunteer to help. If there is something that you would like to do for the team please feel free to ask. We can use your help!

JV/VARSITY LETTERING CRITERIA

In order for a player to be considered for a varsity letter:

- 1. Must be at the first week of the season (Unless it is pre-excused; basic training, church, etc.)**
- 2. Must finish the entire season (Injuries will be dealt with on a case by case basis)**
- 3. Has consistent attendance to all practices and games**
- 4. Play half of the eligible quarters JV or Varsity.**
- 5. Will not have a MSHSL violation during the season**
- 6. Coach's discretion.**

9th Grade Football

August 11-15 - 7:30-12:30

August 18-22 - 7:30-12:30

August 23 - 9:00-Noon Scrimmage at EP

August 25-26 - 3:30-5:00

August 27 - 9A @ STMA 1:45, 9B 3:30

August 28 - 3:30-5:00 PM



JV/Varsity Preseason Schedule

Below is some information about preseason practices so you can arrange rides, plan your family calendars and know a little about the practices. The first 2 weeks, every other day we will have 2, 2 hour practices with a 2 hour break in between that will consist of time for lunch, and offensive, defensive and special teams meetings. Your son should bring a lunch to eat during the break. Other days we will have a 45 minute walk thru practice followed by a 15 minute break and then a 2 hour practice, followed by some time in the weight room.

Here's an **approximate** schedule for August. Times can change due to weather.

8/11 7:30-3:00 PM Practice, Parent Meeting 6-7 PM

8/12 7:30-12:30 PM Practice

8/13 7:30-2:30 PM Practice, Senior dinner 6-8 PM

8/14 7:30-12:30 PM Practice

8/15 7:30-2:30 PM Practice

8/18 7:45-School Pictures, 8:30 Pick up game gear,
9:30 Team Pictures, 11:30-3:45 PM Practice, 8-10
PM Hype video

8/19 7:30-2:30 PM Practice, 4:30-8:30 PM Blitz
Night

8/20 7:30-12:30 PM Practice, 5:15 PM 3rd-12th
Grade picture

8/21 7:30-2:20 PM Practice

8/22 7:30-11:30 AM Practice

8/23 Bus Leaves at 8:30 AM, 9:45-11:45 AM
Scrimmage at Eden Prairie for all 9-12th Graders

8/25 3-6 PM Practice

8/26 3-6 PM Practice

8/27 3-5 PM Practice, 5-6 PM Team Dinner

8/28 6 PM Varsity Game vs STMA

8/29 JV Game @ STMA 10 AM, Varsity
practice 8-10 AM

9/1 Labor Day, 5-8 PM Practice

9/2 2:30-6:00 PM Practice

When the School year starts, meetings,
practice, lifting will be approximately
2:30-6:00 PM Mon-Thur

WAYS TO STAY CONNECTED AND RECEIVE INFORMATION

- Team Website: www.champlinparkfootball.org
- Twitter (X): @cprebelfootball
- Instagram: @cprebelfootball
- Facebook: Champlin Park Rebels Football
- Schedules: www.nwsconference.org