



LINN-MAR FOOTBALL

#TEAMFIRST

P.R.I.D.E.



- **Varsity Staff**

Tim Lovell, Ray Reasland, Nate Frangella, Mike Shipley, Ben Martens, Matt Starmer, Rodger Walsh, Chad Tompkins

- **10th Grade Staff**

Andy May, Brett Van Hove, Jared Eivins, Tristan Evans

- **9th Grade Staff**

Nick Martens, Chad Tompkins, David Cosgrove, Ceth Davis

**COACHING
STAFF**

PROGRAM PHILOSOPHY

MISSION

Developing CHAMPIONS today

Building LEADERS for tomorrow!

PHILOSOPHY

#TeamFirst

(Applies to EVERYONE)



CORE VALUES

P Perseverance

R Responsibility

I Integrity

D Discipline

E Excellence





PLAYER EXPECTATIONS

- **#TEAMFIRST** – This is where starts and ends, for everyone.
 - *Everyone wears a Linn-Mar Shirt, Black Sock for workouts. Every time.*
- **Be on Time (15 Min)** – Late is disrespectful to everyone involved.
 - *Varsity guys have been sent home for the day.*
- **Control your Attitude – Effort – Toughness in all YOU do.**
 - *What is your next 200 Feet?*
- **Be an OKG with P.R.I.D.E.**
 - **Grades / Classroom / Weight Room / Home / Social Media**



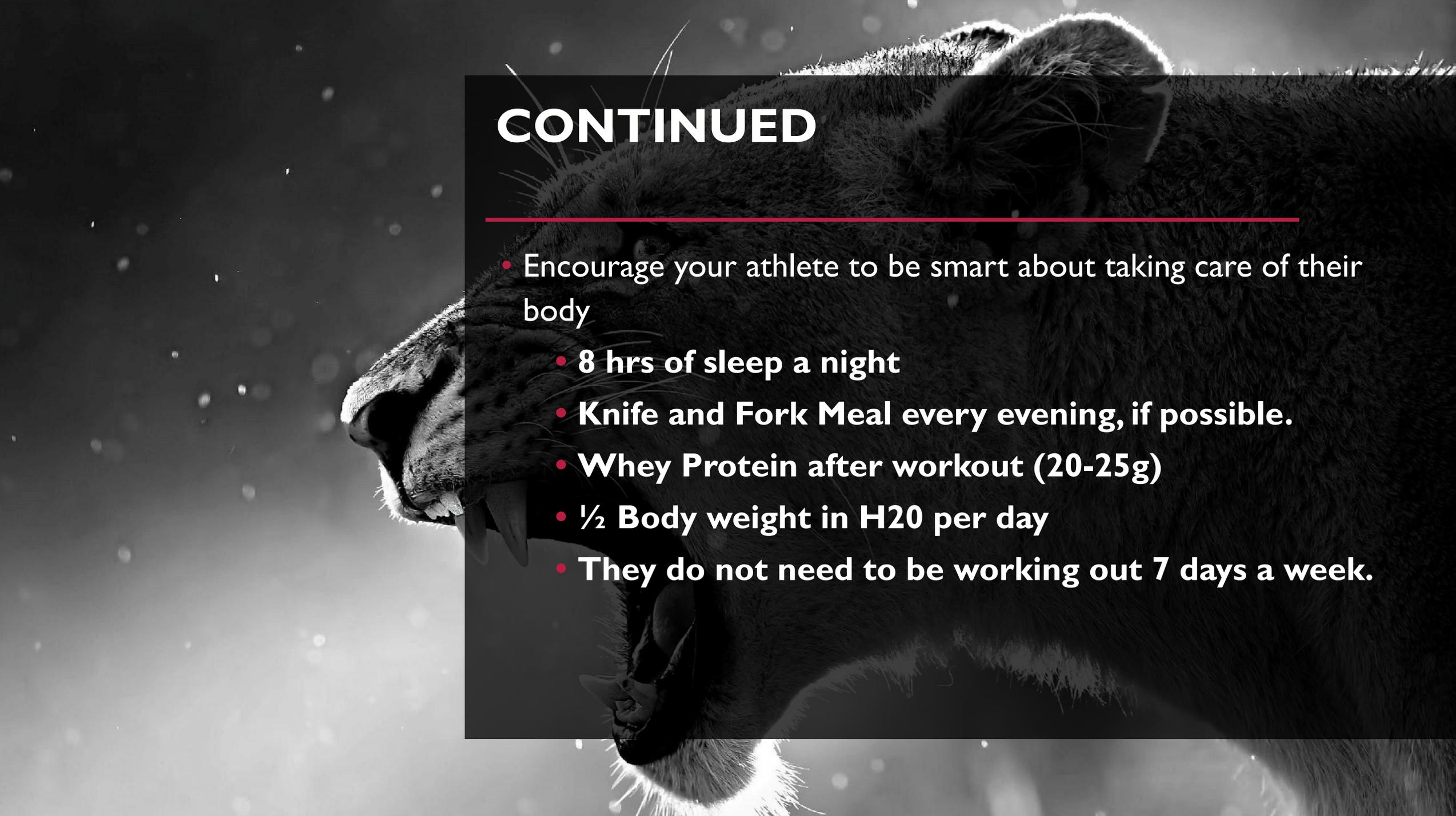
PLAYER EXPECTATIONS

- **Weight room is NOT optional.**
 - **In-season – Lift with your team**
 - **Off-Season – Lift with OUR team (Can we trust you?)**
 - **OKGs are made here.**
- **Communicate – It's 2 way – Ask Questions – Respond**
- **Be in HUDL – Ready to respond to messages. Be sure you get NOTIFICATIONS ON YOUR PHONE. NO EXCUSES.**



PARENT EXPECTATIONS

- Coaches and Parents have the **SAME GOAL**: *We want what is best for each kid! It may look different, but our goal is to give everyone an experience they won't forget.*
- Be the Positive Voice in the Stands and on Social Media for the Team.
- Embrace your athlete's role - their position is not a reflection of you, their coachability is!
- Encourage Conversation w/ Position Coach and then UP
- **Off-Limit Topics**: Other athletes / Play Calling / Playing Time / Discussion after game (24 Hr Rule)
- **Open Topics**: Treatment of athlete / ways to improve athlete / athlete's behavior
- **RECRUITING 101** (It isn't complicated but can feel that way)



CONTINUED

- Encourage your athlete to be smart about taking care of their body
 - **8 hrs of sleep a night**
 - **Knife and Fork Meal every evening, if possible.**
 - **Whey Protein after workout (20-25g)**
 - **½ Body weight in H2O per day**
 - **They do not need to be working out 7 days a week.**



TOUCHDOWN CLUB

DIXIE RECKER, JULIES STARNES, BILLY PLATNER
LINNMARTDCLUB@GMAIL.COM

Ways we support our student athletes:

Parent Communication Representatives
(Freshman, Sophomore, Varsity)

Senior Poster & Photos

Linn-Mar Football Varsity Player T-shirt Sale

Watermelon Feed

Varsity Thursday Night Dinners

Varsity/Sophomore Away Game Night Food

Homecoming Picnic

Homecoming Parade (Individual Floats for
Freshman, Sophomore, Varsity)

Homecoming Locker Room

Senior Night Recognition

End of the Year Banquet (Potluck)



SCHEDULE

Fall Practice Times

Varsity: 4:00 - 6:15 PM (Mon - Wed), Thur 6:00-7:15 AM (Team Dinner approx 5:30 in HS Cafe)

10th: 4:00 - 6:15 PM (Mon - Thur)

9th: 4:00 - 6:15 PM (Mon - Wed) Games on Thur (most of the time)

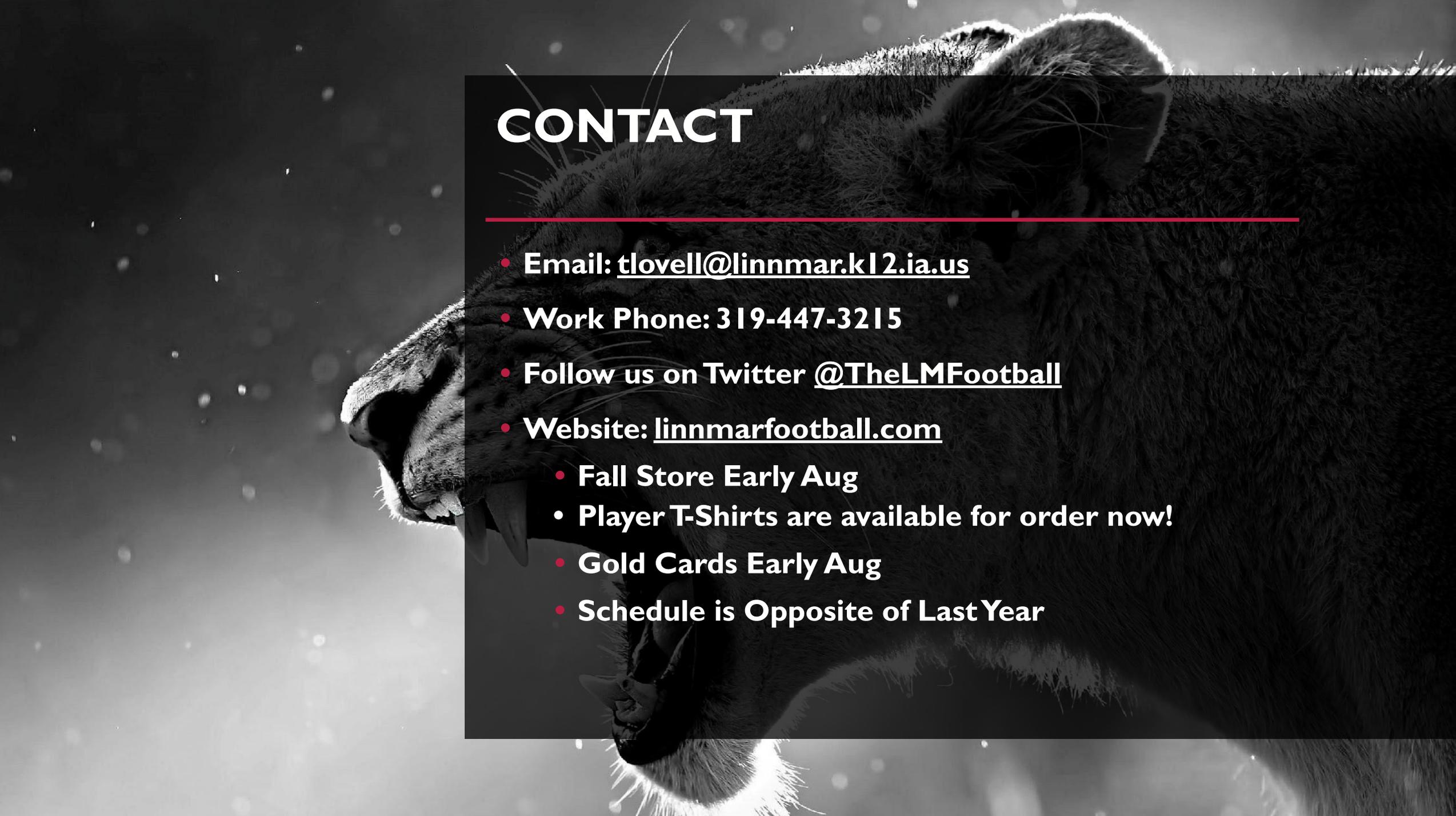
Youth Flag Football: 5 Sundays after Labor Day (At Stadium), players will Referee

Official Practice: Aug 8 (State regulated practices with equipment guidelines/restrictions)



FINAL THOUGHTS

- **Definition of Insanity: Doing the same thing over and over and expecting a different result.**
- **Nothing creates more regret than attachment to short term comfort!**
- **We will challenge you, hold you accountable, and love you.**
- **Accept mistakes and Grow.**
- **THANK YOU FOR YOUR SUPPORT! It is our privilege to coach your son.**



CONTACT

- **Email: tlovell@linnmar.k12.ia.us**
- **Work Phone: 319-447-3215**
- **Follow us on Twitter [@TheLMFootball](https://twitter.com/TheLMFootball)**
- **Website: linnmarfootball.com**
 - **Fall Store Early Aug**
 - **Player T-Shirts are available for order now!**
 - **Gold Cards Early Aug**
 - **Schedule is Opposite of Last Year**