



# LINN-MAR FOOTBALL

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#TEAMFIRST

P.R.I.D.E.





- **Varsity Staff**

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

- **10<sup>th</sup> Grade Staff**

Andy May, Brett Van Hove, Henry Martinson, Tristan Evans

- **9<sup>th</sup> Grade Staff**

Nick Martens, Chad Tompkins, David Cosgrove, TBD

**COACHING  
STAFF**

# PROGRAM PHILOSOPHY

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## MISSION

Developing CHAMPIONS today

Building LEADERS for tomorrow!

## PHILOSOPHY

#TeamFirst

(Applies to EVERYONE)





# CORE VALUES

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- P** Perseverance
- R** Responsibility
- I** Integrity
- D** Discipline
- E** Excellence



# ARE YOU OKG?



COMPELLED – Top  
10%

Goes above and beyond  
at everything everyday



COMMITTED – Top  
50% - 80%

Reaches Goals But  
Doesn't Move Beyond



COMPLIANT –  
Bottom 1/2

Not motivated on their  
own, only do when asked  
or required



Cynical – Bottom  
10%

Excuse Driven – Not  
part of our plan





# PLAYER EXPECTATIONS

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- **#TEAMFIRST** – This is where starts and ends, for everyone.
  - *Everyone wears a Linn-Mar Shirt for workouts. Every time.*
- **Be on Time (15 Min)** – Late is disrespectful to everyone involved.
  - *Varsity guys will be sent home for the day.*
- **Control your Attitude – Effort – Toughness in all YOU do.**
  - *Details matter in everything*
- **Rep OUR Program with P.R.I.D.E.**
  - **Grades / Classroom / Weight Room / Home / Social Media**





# PLAYER EXPECTATIONS

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- **Weight room is NOT optional.**
  - **In-season – Lift with your team**
  - **Off-Season – Lift with OUR team (Can we trust you?)**
- **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

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- 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



# CONTINUED

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- 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

SHELLY JELINEK & MELISSA MUSZYNSKI

[LINNMARTDCLUB@GMAIL.COM](mailto:LINNMARTDCLUB@GMAIL.COM)

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## 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

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## Current Workout Times:

MWF @ 4:15 PM for all FB Offseason

Tues @ 4:15 PM Speed School (Excelsior MS)

## Summer Workouts 5 days/week (Tentative Times!)

Varsity: MWF Lift @ 7 AM – Tue/Thur Speed+FB 7:30 – 9:30 A

10<sup>th</sup>: MWF Lift @ 3 PM – Tue/Thur Speed+FB

9<sup>th</sup>: MWF Speed + FB @ 7 AM / Lifting immediately following @ 8 AM (3 Days week)

7 on 7: Varsity Only – July 7 & 14

Dead Week: Last Week of July

Youth Summer Camp: Aug 2 – 4 (Seniors will coach/lead youth camp during those mornings)

HS Camp: 9<sup>th</sup>/10<sup>th</sup> Aug 2 – 5 / Varsity Aug 4<sup>th</sup> – 6<sup>th</sup> (Camp Dodge Off Campus)

Official Practice: Aug 9 (State regulated practices with equipment guidelines/restrictions)





# FINAL THOUGHTS

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- **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.**
- **We will demand your best even when you don't want to give it.**
- **Accept mistakes and Grow.**



# CONTACT

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- Email: [tlovell@linnmar.k12.ia.us](mailto:tlovell@linnmar.k12.ia.us)
- Follow us on Twitter @TheLMFootball
- Website: [linnmarfootball.com](http://linnmarfootball.com)
  - Will have links to schedules, forms, apparel, rosters, etc
  - Spring Store Early May
  - Fall Store Early Aug
  - Gold Cards Early Aug
  - Schedule / District Coming on **TOMORROW!**