



***Linn-Mar
Football
2024***

Parent Meeting

Coaching Staff:

- Varsity Co-Head Coach: Ben Martens
- Varsity Co-Head Coach: Chad Tompkins
- Varsity Assistant: Nate Frangella
- Varsity Assistant: Mitch Mahmens
- Varsity Assistant: Matt Starmer
- Varsity Assistant: Rodger Walsh
- Varsity Assistant/JV Head Coach: Andrew May
- JV/Varsity Assistant: Jared Eivins
- JV/Varsity Assistant: Ryan Eivins
- JV/Varsity Assistant: Nick Martens



Additional Staff:

- Athletic Director: Tonya Moe
- Associate Athletic Director: Chris Fechner
- Athletic Trainer: Ashley Dostal and Michael Schwartz
- Strength and Conditioning: Trey Holub



Communication

- Coach's Email
- Hudl
- Twitter - @TheLMFootball and @LMHS_Athletics

Program Expectations

The following are expected of all players part of the Linn-Mar football program:

- Take care of schoolwork – you are all student-athletes
- Be a great teammate on and off the field
- Always display good sportsmanship
- Focus on what you can control – Attitude and Effort

Athlete Communication

Players will attend all games, practices and weightlifting times throughout the season. If you are going to miss for any reason, this needs to be communicated to the coach PRIOR to the scheduled start of the activity.

Expectations of Coaches, Players and Parents

Sportsmanship

- Coaches = coach
- Players = play
- Parents = support all players and the program

Communication

- Player – Coach
- Parent – Coach (Not at a contest)
- Administration (if necessary)

Additional Information

- Team Posters – If you are interested in helping sponsor the Football Team poster, please contact Mindy Sorg or Carey Buresh.
- Senior Banners – Will be hung at the stadium, cost is \$50. Contact the TD Club with any questions.
- Team Shirt – All players will receive a camp shirt, these will be worn when traveling to away games.

Additional Information Cont.

Linn-Mar Football Website – [Linn-Mar Football - Home \(linnmarfootball.com\)](http://linnmarfootball.com)

High School Athletics Online Registration – 24-25 School Year – [Bound | Linn-Mar Lions High School Athletics \(gobound.com\)](http://gobound.com)

Purchase Athletic Event Tickets – [Bound | Linn-Mar Lions High School Athletics \(gobound.com\)](http://gobound.com)

2024 Team Core Values

- Respect
- Commitment
- Trustworthiness
- Faith

Health and Performance

- Are you getting enough sleep? A high school student-athlete should be sleeping between 8 and 10 hours a night.
- High school athletes who consistently sleep at least 8 hours a night reduce the potential of injury by 68% as opposed to those who consistently sleep less than 8 hour per night. (American Academy of Pediatrics)
- Hydrating and having a proper diet will also increase athletic performance. What you put into your body will help decide what you get out.

Don't aspire to be the best on the

TEAM

Aspire to be the best for the team



Teamwork & Sportsmanship Quotes via Gecko&Fly