

## 2010 SUMMER/FALL OPPORTUNITIES AND SCHEDULE

- Offensive and Defensive Player Position Practices (for juniors and seniors)**  
Position Practices have been scheduled for all juniors and seniors and this schedule has been handed out to all upperclassmen. Practices are also being planned for sophomore and freshmen players and will be announced soon. They will be with varsity coaches some of the dates.
- Mon. June 14  
To  
Fri. Aug 6
- Mon. June 14  
To  
Fri. Aug 6
- Thurs. July 1  
To  
Wed. July 7
- Fri. July 30
- Mon. Aug 2  
To  
Thur. Aug 5
- Thurs. Aug 12
- Mon. Aug 9  
To  
Fri. Aug 13
- Wed. Aug 11  
To  
Thurs. Aug 12
- Wed. Aug 11
- Thurs. Aug 12
- Mon. Aug 16  
@Midnight
- Thurs. Aug 19
- Wed. Aug 18
- Tues. Aug 24
- Summer Weight Training and Conditioning - All football candidates** (grades 9-10-11-12) should sign up ASAP. 8:00am – 10:00am. Registration forms are enclosed.
- No Contact period**  
Weight Room will be open.
- 6<sup>th</sup> annual Alumni & Friends Golf Tournament**, all varsity & junior varsity players must attend. They will assist in the setup & wear their varsity uniform in the poster picture that will be taken at the golf course this year.
- Mandatory Strength and Conditioning Testing** for all sophomores, juniors, and seniors planning on becoming a part of Rebel football.
- Impact Testing @ 9:30 am**
- Rebel Football Camp** for all football players, grades four through incoming freshmen (ninth grade)
- Make-up Strength and Conditioning Testing** for all sophomores, juniors, and Seniors Aug.6-8, at 8-9 am. **This testing must be completed before football candidates may begin practice.**
- Mandatory** football meeting for all football candidates (9-10-11-12) **and parents** is at 7:00 pm in auditorium.
- Football Equipment Handout**
- |                                                      |          |
|------------------------------------------------------|----------|
| Players with best Strength & Conditioning attendance | 9:00 am  |
| Seniors                                              | 9:05 am  |
| Juniors                                              | 9:20 am  |
| Sophomores                                           | 9:40 am  |
| Freshmen                                             | 10:10 am |
- All physical forms, MSHSL eligibility forms, and fees should be taken care of no later than this date.** Players will not be allowed to practice until all forms have been signed and handed in and fees are paid. If you have a concern about fees, please see Coach Kortan as soon as possible. **Do not let these concerns get in the way of participating in football-we will help work out a solution so that you can be a part of our football team here at Champlin Park.**
- Practice #1 for all Varsity Candidates- Midnight Madness!** All forms and fees must be taken care of by this time in order to practice.  
**Next practice for all Varsity players will be 10:00 a.m.**
- Gold Card Fundraiser** for all players in the rebel football program is at 4:00 p.m. in the school cafeteria.
- Picture Night** is for all grades and is located in front the high school. It starts with the varsity team at 5:00 p.m.
- Varsity Squad Announced** If squad cuts are necessary, they will be made at this time. No sophomore or freshman players will be cut.

**Champlin Park Football, Go Rebels!**