

The Rocori Football Spartans – **Pre-season News** [1st posting, July 12th]

A lifetime of memories

[Communicating Success]

****For parents & players**



What is Football?

It's a wild & wonderful combination of intelligence, speed, agility and strength -- with a large dose of adrenaline thrown in! Legendary NFL coach, Chuck Noll said football "is a geometric explosion of variables". For those who have played it, hard work, team work, pride and friendships also come to mind.

**Excellence: "It's not about being 'perfect', IT IS ABOUT always trying your best." [M.Krzyzeski]*

Future Brightness

In January the seniors established their TEAM GOALS for 2007.

Among these include:

1. Being undefeated @ Home
2. Team Unity
3. Being Disciplined
4. Working Together
5. Section Champions
6. Train like Champions
7. Play in the Metrodome

With the leadership firmly in place for next season, our seniors have a very clear vision—"we all have work to do-Let's work together".

**Effective teamwork begins & ends with communication"*

ROCORIFOOTBALL.COM

All football information can now be found at this WEB SITE. With the help of Duane Kuss, DIGELOG NETWORK, you can locate program information, contacts, statistics, and more including updated newsletter information. Be sure to check out the site during the season and follow the team as they take on Central Lakes foes & Section



Pre-season Practice

The pre-season practice schedule is as follows:

DAY ONE: August 13th –ALL players going into 9th through 12th grade will report to varsity locker room at 7:45 a.m. for team meetings. [9th grade team will meet with their coaches separately from varsity]

All players must have practice gear ready for DAY ONE! Bring spikes & pair of soft-sole training shoes-dress for physical activity!

*Players will be given instructions on practice times for the rest of the week in the meetings.

****REMEMBER**, all eligibility forms and fees must be taken care of within the FIRST DAYS of practice! Forms are available through the Activities Office at the high school. Contact Mark Johnson [AD], or Jane Wahlin [secretary] at 685-4913, or 685-4917 for questions regarding this process. This year's fee is \$115, for football.

Equipment Requirements

All varsity players – 10th thru 12th, must purchase game socks [\$10] and mouth guards [\$1] –information at team meetings. Freshmen must have a mouth guard -game socks are optional.

"HELPING HANDS"

There are numerous 'projects' for which parents' help is always welcomed. If you can afford some time, and would like to know about what you can do, please E-mail me at: theisenr@rocori.k12.mn.us
In progress: End of season awards & recognition program, Joyce Backes,



Staff Members

This season some new faces will be seen on the coaching staff. Shannon Humbert, has served as the def. Coord. for Eastview H.S. & head coach for the passed two seasons for Mound-Westonka. As a former Rocori grad, he brings excellent experience to our coaching staff. Shannon will coach defensive backs and running backs.

Coach Baumgarten has been hired as the new asst. principal at RHS –he will serve as the asst. offensive coord. in a volunteer role this season. His loyalty to the program is without question and his continued help, much appreciated! His full-time position will be filled by _____.

To turn fundamentals into habits, requires intensive, intelligent & repetitive action.

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A question was asked of me as to how we use funds earned through the Food Stand at Super Valu. It's a good question and one worthy of an answer. The football budget does not cover all expenses we incur during a typical season.

senior dinner, end of season

awards for our recognition night, skill enhancement activities [Melrose and St. John's passing tournaments, photo processing, motivational & goal-setting materials, technology, are just some of the additional expenses we incur each season.

PHYSICALS !

Incoming sophomores are reminded that you need a medical physical this year prior to participating in a varsity sport. These can be completed through a medical doctor or chiropractor. The paperwork for your physical is available through the athletics office.

"A decade after graduation, almost everyone will have forgotten where and what they played". But every time they speak, everyone will know whether or not they are educated"

*Theodore M. Hessburg, President,
Notre Dame University*

**** Media Night**

Mark your calendar for Thursday, August 23rd, 6:30 pm as "Media" Night. Team pictures will be taken and parents and family members are encouraged to come out and take photos as well. We will use the varsity field—if rain, we'll take photos in gym. Varsity-seniors and juniors, Sophomore team, and 9th grade team pictures will be taken by Michael's Photography. More information to follow.

FOOTBALL

"I live...eat...breathe...and Dream of the action...the excitement...the competition. The wild adventure of each new GAME is like walking on the edge of the HORIZON, knowing whatever is at the END I will have given to the game EVERYTHING I HAVE".