The
REDBIRD Football Parents Guide

"Winning is not everything…
but giving the effort to is"

2011

© Coach Tim Klingbeil

Important Information

- **Head Coach** -Tim Klingbeil
  - Cell: (763)-639-7704
  - Office: (507)-364-8165
  - Tim.Klingbeil@montlonsdale.k12.mn.us
- **Defensive Coordinator:** Nick David
- **Assistant Coach:** Tom Popp
- **Assistant Coach:** John Kunelius
- **Assistant Coach:** Jared Chapman
- **Junior High Coach:** Scott Thompson

Function	Date	Time	Location
-Equipment Issue	8/13/11	1:00-2:30	HS Equip. Room Area
-Fund Raiser Start	8/15/11	1:30-2:00	High School
-Red vs. White Game	8/20/11	TBA	TBA
-Fund Raiser BLITZ Day	8/27/11	1:00-4:00	Monty, Ace Hardware
-Team Pictures	TBA	TBA	Game Field
-1st Opp. Scrimmage	8/27/11	9:30	St. Clair HS

2011 Redbird Team Goals

- ❑Get better each and every day at everything
- ❑Remain in good academic standing
- ❑Win homecoming
- ❑Win back the Jug
- ❑Extend the season

Redbird Parent Rules

Rule #1. "Communication" is welcome any time with the exception of the time immediately following the game. It may ONLY take place the morning after the game. This ensures a nights sleep to let tempers cool on both sides.

Rule #2. With communication certain subjects are off limits and "Playing Time" is one of them. Parents may inquire about what their son may do to improve and get better but not ask about playing time. The coaches will place the best possible player on the field to help the team win the game.

Rules #3. "X's & O's" are another subject that parents should not criticize. Parents should trust the coaching staff. Coaches are doing what they believe is best as far as X's and O's.

Rule #4. Blame for anything negative is reserved for the head coach. Please reserve this type of judgment for him and him alone. Do not publicly blame any assistant coaches, any players, or the administration. The head coach is the one who is ultimately responsible.

“8 Commandments” of a perfect parent

1. Be positive with your son. Let him know it is a great accomplishment to simply be a part of REDBIRD football.
2. Do not offer excuses for why he is not playing. Encourage him to work hard and do his best at all times.
3. Encourage your son to follow team and school rules. If we are going to truly be successful, your son must follow the rules.
4. Insist on your son working to his ability academically as well as athletically. Remember the term is student-athlete in that order for a reason.
5. Do not develop envy toward other players. Do not live your life vicariously through your son. Football is a game – let them play it. Do not show animosity or jealousy for any of your sons teammates because they carry the ball more, score more touchdowns, or get more publicity. Who cares who scores or gets the publicity. The important thing is that every player on the team does his best.
6. Insist on your sons respect for the game of football, the officials, and our opponents players and coaches. Instill in him the importance of sportsmanship. Make sure he understands how important it is to have “first class.” It takes years to develop a “first class” program, but it can take seconds to destroy it.
7. Foster in your son a positive self-image. Do not compare and contrast your sons with former family members who played. Help him in any way possible to feel good about himself and his role in the Redbird football family.
8. Encourage your son to play the game of football for the love of the game. Winning will take care of itself. Post-season awards will take care of themselves. College scholarships will take care of themselves. Usually, good things happen to teams and individuals who are unselfish, hard working, and committed.

Team Policies and Procedures

Team Polices: Page 1

Players will be expected to abide by the following policies and team rules. Team rules are located in the **player guide** which each player received in early August.

1. Do nothing that would embarrass the team or ones teammates.
2. Adhere to all M-L HS public school polices as well MSHSL.
3. Attend Class each and every day.
4. Be on time for practices and games.
5. Players must communicate directly to the head coach Tim Klingbeil regarding practice, meeting or game conflicts.
6. Follow ALL team rules distributed in your **player guide**.

School Attendance:
Players must attend all classes in order to practice or play that given day.

Injury Procedure:
If a significant injury occurs during practice or during a game, a coach will make an effort to contact you. If it is an emergency and we cannot contact you , we will get your son to a doctor. A trainer is present at all varsity games. The trainer can treat most non emergency situations.

Illness Procedure:
Incase of illness contact the head coach **Tim Klingbeil**.

Team Policies and Procedures

Team Polices: Page 2

Practice Polices:

1. A player must be at practice/weights unless he is sick and not in school or excused by the head coach.
2. Exceptions for missing after communication are religion and family.
3. An injured player must be at practice unless excused by the head coach.
4. In many/most situations a REMINDER will still be deployed in an effort to ensure consistency and equality.
5. A REMINDER is a term that is defined as "opportunity to improve conditioning."
6. A player with an unexcused absence from practice/weights will not start for that particular game and will be also subject to what we call a REMINDER.
7. After a total of **3 unexcused** absences a player will be separated from the team.

Lettering Policy:

1. Attend all practices with no unexcused absences.
2. Attend all VARSITY games.
3. Compete regularly in varsity games.
4. Follow all team rules.
5. Follow all Minnesota State HS rules.
6. Follow all ML public school district rules.
7. Coaches judgment.

Team Policies and Procedures

Team Polices: Page 3

Uniform Care:

1. If possible, clean immediately after wearing or soak in cold water overnight.
2. Shake off dried mud or rinse off wet mud before cleaning.
3. Avoid excessive heat while washing and drying.
4. The mending of snags and rips after cleaning is always appreciated.
5. Avoid BLEACH!!!

Football Equipment:

The football equipment your son wears is some of the best money can buy. The coaching staff individually fits each player. Your son is taught safe blocking and tackling techniques. He is constantly reminded to avoid leading with his head.

Nutrition:

Pre Game: A good pre-game meal consists of carbohydrates and should be consumed Thursday or Wednesday before game time. Avoid proteins and sugars, as they are hard to digest. Pancakes, Posta, Noodles and Breads are good examples for a pre-game meal.

Game Week: A good diet and plenty of rest are essential. The meal consumed the night before the game is also very important, if not the most important of the week. Drinking lots of fluids during the week and getting great sleep the night before is also very pivotal.

Player Separation Policy

Players will be given every opportunity to be a part of Redbird Football.

However there are team rules and those team rules must have consequences. Most team rule violations will result in a reminder. There will perhaps be situations where player separations must take place.

Separation may take place at the discursion of the coaching staff if a team or school rule is broken.

If it is felt by either the coaching staff, administration or the players that the individual(s) participation will hurt the overall team **separation will take place**.

Examples

- **Conduct/Communication with Coaches:** After a total of **3 unexcused** absences a player will be separated from the team.
- Reasons for missing in this order religion and family.

"In addition to the rules and policies of the Redbird Football program, all players must adhere to the rules and guidelines of the District 394 and the MSHSL."

2011 Schedule

Date	Opponent	Location	Night
9/1	**Medford**	Away	
9/9	**Jordan**	Home	
9/16	**Belle Plaine**	Home	Parents
9/23	**NWYA**	Away	
9/30	**Mayer**	Away	
10/7	**LeSeur**	Home	Senior
10/14	**Sibley East**	Home	Homecoming
10/19	**Watertown**	Away	
10/25	Sections Playoffs		

10/25 Section 4AA
10/29 Section 4AA Semis
11/4 Section 4AA Final
11/11 State Tournament
11/18 State Semis
11/25 2A State Championship

2011 Redbird JV Schedule

Date	Opponent	Location	Note	Time
9/7	Sibley East	Home	MRC	6:00
9/13	Holy Family	Away	MRC	6:00
9/20	Jordan	Home	MRC	6:00
9/27	Belle Plaine	Home	MRC	6:00
10/4	Central	Away	MRC	6:00
10/11	Mayer	Away	MRC	6:00
10/18	LSH	Home	MRC	6:00

Do things RIGHT just like the helmet

2011 Redbird
9th Grade Schedule

Date	Opponent	Location	Note	Time
9/7	Sibley East	Home	MRC	4:30
9/13	Holy Family	Away	MRC	4:30
9/20	Jordan	Home	MRC	4:30
9/27	Belle Plaine	Home	MRC	4:30
10/4	Central	Away	MRC	4:30
10/11	Mayer	Away	MRC	4:30
10/18	LSH	Home	MRC	4:30

Do things RIGHT just like the helmet

Directions to Opponents
from **Montgomery-Lonsdale H.S.** 101 2nd Street NE PO Box: PO Box 29
Montgomery, MN 56069

Watertown-Mayer High School (1:15)

1001 Minnesota 25 Watertowm, MN 55368

1. Head **north** on **2nd St NE** toward **Boulevard Ave NE/Co Rd 26**
2. Take the 1st left onto **Boulevard Ave NE/Co Rd 26**
3. Take the 3rd right onto **MN-21 N/4th St NW** Continue to follow MN-21 N
4. Slight right at **MN-21 N/Broadway St N**
5. Continue onto **US-169 N/Johnson Memorial Dr**
6. Turn left at **MN-41 N/Chestnut Blvd** Continue to follow MN-41 N
7. Turn left at **Arboretum Blvd**
8. Turn right at **County Road 13/Rolling Acres Rd**
9. Turn left at **MN-7 W**
10. At the traffic circle, continue straight to stay on **MN-7 W**
11. At the traffic circle, take the **1st** exit onto **MN-25 N**

Directions to Opponents
from **Montgomery-Lonsdale H.S.** 101 2nd Street NE PO Box: PO Box 29
Montgomery, MN 56069

Medford High School (0:40)

750 2nd Ave SE Medford, MN 55049

1. Head **south** on **2nd St NE** toward **Vine Ave E**
2. Turn left at **Vine Ave E**
3. Turn left at **4th St NE**
4. Take the 1st right onto **Vine Ave E**
5. Turn right at **5th St NE/Co Rd 3** Continue to follow Co Rd 3
6. Turn left at **MN-21 S/Montgomery Ave SE**
7. Turn left at **MN-21 S/Shieldsville Blvd**
8. Take the ramp onto **I-35 S**
9. Take exit **48** toward **Steele County 12/Steele County 23/Medford**
10. At the traffic circle, take the **5th** exit onto **NW 69th St**
11. At the traffic circle, take the **1st** exit onto **Central Ave W**
12. Turn right at **1st St SE**
13. Turn left at **2nd Ave S E**

Directions to Opponents
from **Montgomery-Lonsdale H.S.** 101 2nd Street NE PO Box: PO Box 29
Montgomery, MN 56069

Jordan High School (0:37)

600 Sunset Dr Jordan, MN 55352

1. Head **north** on **2nd St NE** toward **Blvd Ave NE** 0.2 mi
2. Turn **left** at **Blvd Ave NE** 0.3 mi
3. Turn **right** at **4th St NW/MN-13/MN-21** Continue to follow MN-137.1 mi
4. Slight **right** at **MN-21** 8.6 mi
5. Turn **left** at **Old Hwy 169 Blvd** 0.2 mi
6. Turn **right** at **Hillside Ave** 0.2 mi
7. Slight **left** at **Hillside Dr** 0.4 mi
8. Slight **left** at **Sunset Dr** 436 ft

Belle Plain High School (0:48)

220 S Market St Belle Plain, MN 56011

1. Head **north** on **2nd St NE** toward **Blvd Ave NE** 0.2 mi
2. Turn **left** at **Blvd Ave NE** 0.3 mi
3. Turn **right** at **4th St NW/MN-13/MN-21** Continue to follow MN-137.1 mi
4. Turn **left** at **Main St W/MN-19/MN-21** Continue to follow MN-199.1 mi
5. Turn **right** at **Meridian Ave** 5.2 mi
6. Turn **left** at **W Park St** 0.1 mi
7. Turn **right** at **S Market St** 0.1 mi

Directions to Opponents
from **Montgomery-Lonsdale H.S.** 101 2nd Street NE PO Box: PO Box 29
Montgomery, MN 56069

Norwood -Young America High School (1:11)

531 N Morse St Norwood, MN 55368

1. Head **north** on **2nd St NE** toward **Blvd Ave NE** 0.2 mi
2. Turn **left** at **Blvd Ave NE** 0.3 mi
3. Turn **right** at **4th St NW/MN-13/MN-21** Continue to follow MN-13 7.1 mi
4. Slight **right** at **MN-21** 9.7 mi
5. Take the ramp onto **Johnson Memorial Dr/US-169** 7.2 mi
6. Turn **left** at **Chestnut Blvd/MN-41** 2.0 mi
7. Turn **left** at **W 6th St/US-212** Continue to follow US-212 16.6 mi
8. Sharp **right** at **N Morse St** 492 ft

Mayer Lutheran High School (1:31)

305 5th St NE Mayer, MN 55360

1. Head **north** on **2nd St NE** toward **Blvd Ave NE** 0.2 mi
2. Turn **left** at **Blvd Ave NE** 0.3 mi
3. Turn **right** at **4th St NW/MN-13/MN-21** Continue to follow MN-13 7.1 mi
4. Slight **right** at **MN-21** 9.7 mi
5. Take the ramp onto **Johnson Memorial Dr/US-169** 7.2 mi
6. Turn **left** at **Chestnut Blvd/MN-41** 2.0 mi
7. Turn **left** at **W 6th St/US-212** Continue to follow US-2121 6.8 mi
8. Turn **right** at **MN-25/MN-5/N Reform St** Continue to follow MN-25/MN-5 0.2 mi
9. Slight **right** at **Hwy 5 and 25/MN-25/MN-5** 2.7 mi
10. Turn **left** at **MN-25** 6.1 mi
11. Turn **right** at **5th St NE** 0.2 mi

Directions to Opponents
from **Montgomery-Lonsdale H.S.** 101 2nd Street NE PO Box: PO Box 29
Montgomery, MN 56069

Le Sueur-Henderson High School (0:51)

901 Ferry St Le Sueur, MN 56058 51 M

1. Head **north** on **2nd St NE** toward **Blvd Ave NE** 0.2 mi
2. Turn **left** at **Blvd Ave NE** 0.3 mi
3. Turn **right** at **4th St NW/MN-13/MN-21** 423 ft
4. Turn **left** at **County Hwy-26/Lexington Ave NW** Continue to follow County Hwy-26 16.0 mi
5. Turn **right** to stay on **County Hwy-26** 0.2 mi
6. Turn **left** to stay on **County Hwy-26** 1.0 mi
7. Slight **right** at **Ferry St/MN-112** Continue to follow Ferry St 0.4 mi

Sibley East High School (1:25)

202 3rd Ave NW Arlington, MN 55307

1. Head **north** on **2nd St NE** toward **Blvd Ave NE** 0.2 mi
2. Turn **left** at **Blvd Ave NE** 0.3 mi
3. Turn **right** at **4th St NW/MN-13/MN-21** Continue to follow MN-13 7.1 mi
4. Turn **left** at **Main St W/MN-19/MN-21** Continue to follow MN-19 25.8 mi
5. Turn **right** at **401st Ave** 2.7 mi
6. Continue on **4th Ave SE** 0.3 mi
7. Turn **left** at **Henderson Rd** 0.3 mi
8. Turn **right** at **1st Ave S** 0.2 mi
9. Turn **left** at **E Main St** 0.2 mi
10. Turn **right** at **3rd Ave NW** 322 ft