

Francis (Frank) McCrystal HS '72 BA '76

Frank graduated Campion High School in 1972. He then attended Campion College, completing his B.A. in English. He followed this with an Education Degree, eventually teaching for Regina Catholic Schools.

Frank was a player on 3 National Champion Rams teams in the early 70's. After 5 years as an assistant coach Frank was named head coach of the Regina Rams in 1984. He led the team to 7 Canadian Junior Football Championships, while bringing new challenges to the Rams and Canadian Junior Football with exhibition games against Canadian University teams and a European team from Germany. He was named Canadian Junior Football Coach of the Year twice.

In 1999 the Rams transitioned from Canadian Junior Football to U Sports becoming the University of Regina Rams. In 2001 Frank received a 3M Coach of the Year Award from the Great Plains Athletic Conference. He was named U Sports Football Coach of the Year in 2007. Frank is a member of the Saskatchewan Sports Hall of Fame, and was recognized by Football Saskatchewan in 2015 for contributions to Saskatchewan football. He was recently inducted into the Regina Sports Hall of Fame with his longtime friend Bernie Schmidt. Frank has volunteered countless times over the years assisting amateur programs in the city and around the province in various capacities as a guest speaker, clinician or general counselor to young athletes looking to move on to university. Frank also encouraged his coaching staff to contribute in a similar fashion when their schedules allowed them to do so.

Many of Frank's players have excelled as professional athletes in the CFL and NFL. The CFL has ever only named 5 Canadians, Rookie of the Year; 2 of these were Rams. In 2013 and 2014, the CFL's outstanding lineman award went to former Rams. The Rams also boast a Super Bowl Champion in Jon Ryan.

The business, educational and professional communities in Regina and beyond are sprinkled with graduates of the Rams program who frequently credit their success to the valuable lessons learned in the Rams program which Frank oversaw for many years.