

ROCKET FOOTBALL

MAY

2010

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 WEIGHT ROOM 2:30 - 4:15	4 WEIGHT ROOM 2:30 - 4:15	5 WEIGHT ROOM 2:30 - 4:15 BOOSTER CLUB MEETING	6 WEIGHT ROOM 2:30 - 4:15	7	8
9	10 WEIGHT ROOM 2:30 - 4:15 MIKE CURTIS OPEN	11 WEIGHT ROOM 2:30 - 4:15	12 WEIGHT ROOM 2:30 - 4:15	13 WEIGHT ROOM 2:30 - 4:15	14	15
16	17 WEIGHT ROOM 2:30 - 4:15 OPEN GYM AT LPCC - 7-9PM	18 WEIGHT ROOM 2:30 - 4:15	19 WEIGHT ROOM 2:30 - 4:15	20 WEIGHT ROOM 2:30 - 4:15	21	22
23 RFL PASSING LEAGUE	24 WEIGHT ROOM 2:30 - 4:15 OPEN GYM AT LPCC - 7-9PM	25 WEIGHT ROOM 2:30 - 4:15	26 WEIGHT ROOM 2:30 - 4:15	27 WEIGHT ROOM 2:30 - 4:15	28 BIG MAN CAMP 2:30 - 3:30PM	29
30	31 MEMORIAL DAY					

ROCKET FOOTBALL

JUNE

2010

SUN	MON	TUE	WED	THU	FRI	SAT
		1 WEIGHT ROOM 2:30 - 4:15	2 WEIGHT ROOM 2:30 - 4:15	3 WEIGHT ROOM 2:30 - 4:15 GRADE SHEETS	4	5
6 RFL PASSING LEAGUE	7 WEIGHT ROOM 2:30 - 4:15 BIG MAN CAMP 2:30 - 3:30PM STUDY!!	8 WEIGHT ROOM 2:30 - 4:15 PARENT MEETING 7PM CAFETERIA STUDY!!	9 WEIGHT ROOM 2:30 - 4:15 STUDY!!	10 WEIGHT ROOM 2:30 - 4:15 GRADE SHEETS STUDY!!	11	12
13 RFL PASSING LEAGUE	14 WEIGHT ROOM 2:30 - 4:15 COACH OWENS WEIGH IN	15 WEIGHT ROOM 2:30 - 4:15	16 LAST DAY OF SCHOOL	17	18	19
20 RFL PASSING LEAGUE	21 WEIGHT ROOM 5-7PM BIG MAN CAMP 2:30 - 3:30PM	22 WEIGHT ROOM 5-7PM	23 WEIGHT ROOM 5-7PM	24 WEIGHT ROOM 5-7PM	25	26
27 RFL PASSING LEAGUE	28 SUMMER WEIGHT TRAINING BEGINS TESTING DAY 5-7PM	29 SUMMER WEIGHT TRAINING BEGINS TESTING DAY 5-7PM	30 SUMMER WEIGHT TRAINING BEGINS TESTING DAY 5-7PM			

ROCKET FOOTBALL

JULY

2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1 WEIGHT ROOM 5-7PM	2	3
4 JULY 4 TH !!	5 WEIGHT ROOM 5-7PM BIG MAN CAMP 2:30 - 3:30PM	6 WEIGHT ROOM 5-7PM	7 WEIGHT ROOM 5-7PM	8 WEIGHT ROOM 5-7PM	9	10
11	12 ROCKET YOUTH FOOTBALL CAMP 5-8PM	13 ROCKET YOUTH FOOTBALL CAMP 5-8PM	14 ROCKET YOUTH FOOTBALL CAMP 5-8PM	15 ROCKET YOUTH FOOTBALL CAMP 5-8PM	16 ROCKET YOUTH FOOTBALL CAMP 5-8PM	17
18	19 WEIGHT ROOM 5-7PM BIG MAN CAMP 2:30 - 3:30PM	20 WEIGHT ROOM 5-7PM	21 WEIGHT ROOM 5-7PM	22 WEIGHT ROOM 5-7PM	23	24
25	26 WEIGHT ROOM 5-7PM	27 WEIGHT ROOM 5-7PM	28 WEIGHT ROOM 5-7PM	29 WEIGHT ROOM 5-7PM	30	31

AUGUST 2010

ROCKET FOOTBALL

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 WEIGHT ROOM 5-7PM	3 WEIGHT ROOM 5-7PM	4 WEIGHT ROOM 5-7PM	5 WEIGHT ROOM 5-7PM	6 WEIGHT ROOM 5-7PM	7
8	9 START STRONG FOOTBALL 8-12PM	10 START STRONG FOOTBALL 8-12PM	11 START STRONG FOOTBALL 8-12PM	12 START STRONG FOOTBALL 8-12PM	13 START STRONG FOOTBALL 8-12PM EQUIPMENT HANDOUT 2PM	14 TWO-A-DAYS 7:30-10AM 12-2:30PM
15	16 TWO-A-DAYS 7:30-10AM 12-2:30PM	17 TWO-A-DAYS 7:30-10AM 12-2:30PM	18 TWO-A-DAYS 7:30-10AM 12-2:30PM	19 TWO-A-DAYS 7:30-10AM 12-2:30PM	20 TWO-A-DAYS 7:30-10AM 12-2:30PM BACK TO SCHOOL JAM	21 SCRIMMAGE NORTHWOOD 10-2PM FAMILY BBQ
22	23 PRACTICE 2:30 - 5PM	24 PRACTICE 2:30 - 5PM	25 SCRIMMAGE BCC 4PM-7PM	26 PRACTICE 2:30-5PM FILM 5-6PM	27 PRACTICE 2:30 - 5PM	28 SCRIMMAGE TBD 10-2PM
29	30 1 ST DAY OF SCHOOL STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	31 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45				

SEPTEMBER
ROCKET FOOTBALL
2010

SUN	MON	TUE	WED	THU	FRI	SAT
			1 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	2 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	3 GAME 1 EINSTEIN 6:30	4 FILM AND LIFT 8AM - 10AM
5	6 NO SCHOOL PRACTICE 8-10AM	7 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	8 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	9 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	10 GAME 2 AT SHERWOOD 6:30	11 FILM AND LIFT 8AM - 10AM
12	13 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	14 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	15 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	16 GAME 3 MAGRUDER 6:30	17 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	18 FILM AND LIFT 8AM - 10AM
19	20 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	21 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	22 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	23 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	24 GAME 4 AT CHURCHILL 6:30	25 FILM AND LIFT 8AM - 10AM
26	27 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	28 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	29 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	30 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS		

OCTOBER 2010

ROCKET FOOTBALL

SUN	MON	TUE	WED	THU	FRI	SAT
					1 NO SCHOOL GAME 5 ROCKVILLE 6:30	2 FILM AND LIFT 8AM - 10AM
3	4 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	5 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	6 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	7 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	8 GAME 6 SPRINGBROOK 6:30 HOMECOMING	9 FILM AND LIFT 8AM - 10AM
10	11 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	12 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	13 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	14 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	15 GAME 7 AT PAINT BRANCH 6:30	16 FILM AND LIFT 8AM - 10AM
17	18 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	19 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	20 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	21 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	22 GAME 8 WHEATON 6:30 SENIOR NIGHT	23 FILM AND LIFT 8AM - 10AM
24	25 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	26 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	27 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	28 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	29 GAME 9 AT BLAIR 6:30	30 FILM AND LIFT 8AM - 10AM
31						

NOVEMBER 2010

ROCKET FOOTBALL

SUN	MON	TUE	WED	THU	FRI	SAT
	1 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	2 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	3 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	4 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	5 GAME 10 AT WJ 6:30	6 FILM AND LIFT 8AM - 10AM
7	8 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	9 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	10 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	11 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	12 GAME 11 REGION SEMIS 7PM	13 FILM AND LIFT 8AM - 10AM
14	15 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	16 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	17 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	18 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	19 GAME 12 REGION FINALS 7PM	20 FILM AND LIFT 8AM - 10AM
21	22 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	23 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	24 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	25 THANKSGIVING PRACTICE 8-10:30	26 GAME 13 STATE SEMIS 7PM	27 FILM AND LIFT 8AM - 10AM
28	29 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	30 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45				

DECEMBER
2010
ROCKET FOOTBALL

SUN	MON	TUE	WED	THU	FRI	SAT
			1 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45	2 STUDY HALL 2:20-3:00 PRACTICE 3:15 - 5:45 GRADE SHEETS	3 GAME 14 STATE CHAMPIONSHIP M&T BANK STADIUM 7PM	4
5	6 EQUIPMENT TURN IN 2:30 - 5PM	7 LOCKER ROOM CLEAN UP 2:30 - 5PM 12 TH GRADE EVAL MEETINGS	8 9 TH GRADE EVAL MEETINGS	9 10 TH GRADE EVAL MEETINGS	10 11 TH GRADE EVAL MEETINGS	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	