



ROCK RIDGE FOOTBALL

July 2023

Mon	Tue	Wed	Thu	Fri	Sat
3 MSHSL NO-CONTACT PERIOD OFF	4 MSHSL NO-CONTACT PERIOD OFF	5 MSHSL NO-CONTACT PERIOD OFF	6 MSHSL NO-CONTACT PERIOD OFF	7 MSHSL NO-CONTACT PERIOD OFF	8
10 <u>SUMMER</u> <u>STRENGTH</u> 6:30AM-8AM 4PM-7PM Meet the Coaches 7PM-8:30PM Hudl Sign Up, Team Reach, Discuss 7 on 7 and commit, Camp Information, Physical/Football Sign Up- followed by Ultimate football and Pizza	11 <u>SUMMER</u> <u>STRENGTH</u> 4PM-7PM	12 <u>SUMMER</u> <u>STRENGTH</u> 6:30AM-8AM 4PM-7PM	13 <u>SUMMER</u> <u>STRENGTH</u> 6:30AM-8AM 4PM-7PM	14	15 OFF Sunday, July 16th 7 on 7 @ Denfeld High School 5PM-7PM vs Denfeld, Esko, & Northwestern Centers, QB's, WR's, RB's, LB's, DB's Arrange for own transportation to field
17 <u>SUMMER</u> <u>STRENGTH</u> 6:30AM-8AM 4PM-7PM Bryson End of Year Party 5:30PM-8:30PM Top Golf	18 <u>SUMMER</u> <u>STRENGTH</u> 6:30AM-8AM 4PM-7PM	19 <u>SUMMER</u> <u>STRENGTH</u> 4PM-7PM	20 <u>SUMMER</u> <u>STRENGTH</u> 6:30AM-8AM 4PM-7PM	21	22 OFF Sunday, July 23th 7 on 7 @ Esko High School 5PM-7PM vs Denfeld, Esko, & Northwestern
24 <u>SUMMER STRENGTH</u> 6:30AM-8AM 4PM-7PM	25 <u>SUMMER STRENGTH</u> Wolverine Pre-Season Football Camp 9-12 7AM- Get Helmets/ P.Jersey 7:30-8AM 9-12 Team Program Meeting 8-8:30AM: Offensive Terminology/Film/ Day 1 Install 8:30-9AM: Defensive Terminology/Film Day 1 Install 9-10AM Offensive Day 1 Install Indy/Group/Team 10:00 AM-11:00 Practice 1: Defensive Install Indy/Group/Team 11:00-12:00 Team Strength/Speed Training 9th Lift/Run-30 min 10-12 Run/Lift-30 min 4PM-7PM Speed/Strength those that did not attend	26 <u>SUMMER STRENGTH</u> Wolverine Pre-Season Football Camp 9-12 7AM-Get Shoulder Pads 7:30-8:00 Offensive Terminology/Film Day 2 8:00-8:30: Defensive Terminology/Film Day 2 Install 8:30 AM- 9:30AM- Defensive Practice Day 2- Indy/Group/Team 9:30AM-10:30AM Offensive Day 2 Indy/Group/Team 10:30AM-11:30AM- Team Strength/Speed Training 9th Run/Lift/10-12 Lift/Run 4PM-7PM Speed/Strength those that did not attend	27 <u>SUMMER STRENGTH</u> Wolverine Pre-Season Football Camp 9-12 7:30-8:00 Offensive Terminology/Film Day 3 8:00-8:30: Defensive Terminology/Film 8:30 AM- 9:30AM- Defensive Practice 9:30AM-10:30AM Offensive Install 10:30AM-11:30AM- Team Strength/Speed Training 9th Run/Lift/10-12 Lift/Run Coaches Meeting to Draft for 1st Annual Football Olympics 4PM-7PM Speed/Strength those that did not attend	28 <u>SUMMER STRENGTH</u> Wolverine Pre-Season Football Camp 9-12 7:30-8:00 Offensive Day 4 Install Video 8:30 AM- 9:30AM- Offensive Practice Day 4 9:30AM-10:30AM Defensive Practice Day 4 10:30AM-11:30AM 1st Annual Wolverine Football Olympics Bag Throw, Football Toss Punt, Field Goal Wheelbarrow Race Punt Return, Bull in the Ring Broadjump, Team Relay Race Trophy to Winning Team	29 OFF



ROCK RIDGE FOOTBALL

August 2023

Mon	Tue	Wed	Thu	Fri	Sat
July 31 <u>SUMMER STRENGTH</u> 6:30AM-8AM 4PM-7PM	Aug 1 <u>SUMMER STRENGTH</u> 4PM-7PM	2 <u>SUMMER STRENGTH</u> 6:30AM-8AM 4PM-7PM 9-12 Coaches meeting @ Boomtown Card Sales-Mike Carp 1:30-2:30PM (Rink) 6PM-7:30PM Youth Football Camp (Entering 5-12)	3 <u>SUMMER STRENGTH</u> 6:30AM-8AM 4PM-7PM 5PM- 9-12 Coaches/Players Camp Set 6PM-7:30PM Youth Football Camp (Entering 5-8)	4 5PM- 9-12 Coaches/Players 6PM-7:30PM Youth Camp Youth Football Camp (Entering 5-8)	5
7 OFF	8 OFF	9 OFF	10 OFF	11 OFF	12 OFF
14 7:00-7:30-Arrival at Gym-Helmets, Shoulder Pads, Practice Jersey, Locker Checkout 7:30-8:00 9-12 Program Meeting 8:00-8:30 Installs O/D 8:45-10:45 Prac. #1 11:00-11:30 Lunch 11:30-12:00 Install Practice 2 12:00-12:30 Kick-Off Install 12:45-2:45 Prac #2 2:50-3:30- 10-12 40 Yard Dash/L Drill/Pro Agility 9th Grade: Bench/Squat Recorded	15 8:00-8:45-9th Graders- Varsity Field Speed Tests 10-12 Weight Tests WEIGHTS 10-12 Lifts Recorded 9:00-9:30 9-12 -O/D Meeting 9:30-10 PUNT Install 10:15-12:15 Prac. #3 9-12: Specialists 12:15-12:30 PM LONG SNAPPERS KICKERS/PUNTERS/ RETURNERS	16 10:00 10:45- 9th Grade Weights/10-12 Film Study 10:45 - 11:15 O/D Install 9-12 11:30-1:30 Prac. #4 1:45-2:15 Lunch 2:15-2:45 KOR Install 2:45-3:15 O/D Install Meeting 3:30-5:30 Prac #5 <u>Adrenaline Fundraiser:</u> <u>Mike Karp- Kickoff Night</u> <u>Time 5:30PM-Sell Your Cards!!!</u>	17 4:30-5:15 WEIGHTS- 10-12/9th Team Meetings 5:15-5:45 PM O/D Installs 9-12 #5 Possible Team Pictures 9th Grade: 6:00pm 10th-12th: 7:00pm Sr. Parents: 7:30pm 7:30PM-9:30PM Practice #6 Under the Lights 9PM: Possible 10-12 Team Practice: Hype Video Shoot Under the Lights Leadrick Studios	18 9:00-9:45- WEIGHTS-9th/ 10-12 Film Study 9:45-11:45 Prac. #7 11:45-12:15 Lunch 12:15-12:45 O&D Install Meetings 9-12 12:45-1:15 Special Teams Depth Charts Developed/Google Classroom 1:30-3:30 Prac. #8	19 OFF
21 7:30-8:00 9-12 Meetings 8:15-10:15 Prac. #9 10:30-11:00 Lunch 11:00-11:30 Pos Mtg 11:30-12:00 KO/KOR 12:15-2:15 Prac #10 2:15-3:00PM 10-12 Lift/9th Grade Special Teams Meetings <u>JH Football Begins</u> <u>Practice 3:30-5:30 and will run daily M-F at Eyeleth Football Field</u>	22 New Teacher Orientation 2:45-3:30 WEIGHTS 10-12/9th Grade Team Meetings 3:30- 4:00 10-12 Meetings- 9th Field 4:15-6:15 Prac. #12 6:15-6:30 Punt Block 4:15-6:15 Prac. #11 6:15-6:30 Punt	23 2:45-3:30 WEIGHTS 10-12/9th Grade Team Meetings 3:30- 4:00 10-12 Meetings- 9th Field 4:15-6:15 Prac. #12 6:15-6:30 Punt Block	24 1:00-1:30PM O/D Meet 1:45-3:45 Prac. #14 3:45-4:00- KO 4:00-4:45 WEIGHTS-9th 10-12 Special Teams 3:30PM JH Kick Off Blitz, Night HS 5PM-7PM Parents Pick Up 8PM-Pizzas and Prizes Adrenaline: Mike Karp <u>Junior High Adrenaline Fundraiser Kickoff Event</u> <u>3PM</u> <u>Flag Evaluation Practice</u> <u>5PM-7PM & HS Blitz.</u>	25 9:00-11:00 Prac. #15 Pregame Practice	26 Scrimmage @ Denfeld High School vs. Denfeld, Proctor, & Barnum 9-12 7:30AM-11AM \ Tentative Time- Possible BBQ with Participating Teams After
28 Teacher Workshops 9-12: 2:45-6 Practice	29 Teacher Workshops 9-12: 2:45-6 Practice	30 Teacher Workshops 9-12: 2:45-6 Practice Team Meal Booster Club After Practice?	31 Teacher Workshops Varsity Video TBD 5PM Team Meetings Varsity 7PM Home vs. Hibbing- Field Dedication Night	Sept 1 8AM-10AM Varsity Video	2 ALL LEVELS OFF!!!!



ROCK RIDGE FOOTBALL

September 2023

Mon	Tue	Wed	Thu	Fri	Sat
28 Teacher Workshops 9-12: 2:45--6 Practice	29 Teacher Workshops 9-12: 2:45--6 Practice	30 Teacher Workshops 9-12: 2:45--6 Practice	31 Teacher Workshops Varsity Video TBD 5PM Team Meetings Varsity 7PM Home vs. Hibbing- Field Dedication Night	Sept 1 Varsity Video 8AM-10AM	Sept 2 ALL LEVELS OFF!!!!
4 Labor Day 9-12 Practice 2:45PM--6:00PM	5 Junior High Adrenaline Card Money Due First Day of School 9-12: 3:15-6PM	6 Junior High Adrenaline Card Money Due 9-12: 3:15-6PM	7 Junior High Adrenaline Card Money Due 4:30PM JH Jamboree Away @ Grand Rapids MS C Squad Game vs Duluth Denfeld @ Home 4:30PM 10-12: 3:15PM- 5PM 5:30PM Team Meal 10-12	8 Junior High Adrenaline Prize Night C Squad: 3:15PM-5PM Practice 5PM Team Meetings 7PM Home vs. North Branch Youth Night/Tackle Cancer	9 Varsity Video 8AM-10AM
11 9-12 3:15-6:15 PM Practice 5PM JV Away vs. North Branch	12 9-12- 3:15-6:15 PM Practice 4:30 JH- Away vs. International Falls	13 9-12- 3:15-6:15 PM Practice	14 10-12: 3:15- 5 5:30PM Team Meal 4:30 JH- Away vs. Chisholm C Squad Game vs Proctor- Away 4:30PM @ Proctor High School	15 C-Squad- 3:15-5 Practice Varsity 7PM Away vs Grand Rapids	16 Varsity Video 8AM-10AM
18 9-12: 3:15-6PM 5PM JV vs. Duluth East	19 9-12: 3:15-6PM	20 9-12: 3:15-6PM	21 10-12: 3:15PM- 5PM 5:30PM Team Meal 3:30 JH- vs. Grand Rapids C Squad Game vs Duluth East 4:30PM	22 C-Squad: 3:15-5PM Varsity 7PM Away vs Cloquet (game to be played at Proctor H.S.)	23 Varsity Video 8AM-10AM
25 9-12: 3:15-6PM 5PM JV Away vs. Grand Rapids @ Grand Rapids H.S.	26 9-12: 3:15-6PM 4:30PM JH- Away vs. Mesabi East	27 9-12: 3:15-6PM	28 10-12: 3:15PM- 5PM 5:30PM Team Meal 4:30PM JH Away vs. GNK @ Nashwauk-Keewatin H.S. C-Squad Game vs Away vs. Hermantown 4:30PM Centricity Stadium	29 C-Squad: 3:15-5PM Varsity 7PM Home vs. Hermantown Homecoming	30 Varsity Video 8AM-10AM



ROCK RIDGE FOOTBALL

October 2023

<p>2 9-12: 3:15-6PM</p> <p>5PM JV vs. Hermantown</p>	<p>3 9-12: 3:15-6PM 4:30PM JH- Away vs. Hibbing @ Hibbing High School</p>	<p>4 9-12: 3:15-6PM</p>	<p>5 10-12: 3:15-6PM</p> <p>C Squad Game vs. Grand Rapids-4:30PM</p>	<p>6 9th: 3:15-5PM Varsity 7PM Away vs Two Harbors</p>	<p>7</p> <p>Varsity Video 8AM-10AM</p>
<p>9 9-12: 3:15-6PM</p> <p>5PM JV Away vs. Proctor @ Proctor H.S.</p>	<p>10 9-12: 3:15-6PM</p> <p>4:30PM JH- vs. Hermantown</p>	<p>11 9-12: 3:15-6PM</p>	<p>12 10-12: 3:15-6PM</p> <p>C Squad Game vs. Away vs Cloquet 4:30PM @ Cloquet High School</p>	<p>13</p> <p>Varsity 6PM Away vs Duluth Denfeld</p>	<p>14</p> <p>Varsity Video 8AM-10AM</p>
<p>16 9-12: 3:15-6PM</p> <p>6PM JV vs. Denfeld</p>	<p>17 3PM JH- vs. Two Harbors</p> <p>C Squad Game vs. North Branch 4:30PM</p>	<p>18</p> <p>Varsity 7PM Home vs. Duluth East</p> <p>Senior Night/Parent Night</p>	<p>19 Varsity Video</p> <p>9-12 Practice TBD We will have practice if we have a game on the 24th!</p>	<p>20</p> <p>9-12 Practice TBD MEA Weekend We will have practice if we have a game on the 24th</p>	<p>21</p> <p>9-12 Practice TBD</p>
<p>23 9-12: 3:15-6PM</p>	<p>24 9-12: 3:15-6PM</p> <p>4A Section Quarterfinal</p>	<p>25 9-12: 3:15-6PM</p>	<p>26 9-12: 3:15-6PM</p>	<p>27 9-12: 3:15-6PM</p> <p>C-Squad Equipment Turn In & Pizza Party</p>	<p>28</p> <p>Team Breakfast TBD</p> <p>4A Section Semifinal</p>
<p>30 9-12: 3:15-6PM</p>	<p>31 9-12: 3:15-6PM</p>	<p>Nov 1 9-12: 3:15-6PM</p>	<p>2 9-12: 3:15-6PM</p>	<p>3 9-12: 3:15-6PM Section FINAL</p>	<p>4</p> <p>Varsity Video</p>