

## 2017 IMPORTANT OFFSEASON DATES

Summer Strength & Conditioning will take place at the school at 6:30AM on Monday, Wednesday, and Thursday.

### Sophomore and Varsity Dates

June 5th

Workouts begin

June 5<sup>th</sup> to June 15<sup>th</sup>, workouts will run 6:30-8 am.

June 19<sup>th</sup> to June 29<sup>th</sup>, workouts will run 6:30-9 am.

June 29<sup>th</sup> Competition Day

**EARN POINTS FOR YOUR TEAM!!**

*June 30<sup>th</sup> to July 9<sup>th</sup> the Weight Room will be closed for the 4<sup>th</sup> of July Holiday.*

July 10-July 27.

Workouts start again for Sophomores and Varsity.

6:30-8:00 am. These will take place prior to camp.

July 17, 19, 20, 24, 26, and 27

RBCHS Football Camp 8 to 10:30AM

*July 17-27 will be the most intensive weeks of the summer.*

July 22<sup>nd</sup>

RB Passing Tourney & Linemen Challenge

**August 7**

**First day of Football Practice**

**Practices become mandatory at this point**

### Freshmen Dates

July 10, 12, 13, 17, 19, and 20

RBCHS Football Camp 8 to 10:30AM.

**August 7**

**First day of Football Practice**

**Practices become mandatory at this point**

**To Contact Coaches:**

**Varsity**

**Coach Elder:**

**Email: [pelder@rbchs.com](mailto:pelder@rbchs.com)**

**Sophomore**

**Coach Ghilani:**

**Email: [tghilani@rbchs.com](mailto:tghilani@rbchs.com)**

**Freshmen**

**Coach Feeney:**

**Email: [rfeeney@rbchs.com](mailto:rfeeney@rbchs.com)**