



# ROCKY FOOTBALL



## Freshman (Frosh) Football

Athletes who want to play Rocky Mountain High School football for the Fall 2018 season must attend the parent/player registration meeting. This meeting allows parents and players to meet the coaches and learn about what to expect for the coming season. All documents and registration information is available online, at [www.rockyfootball.com](http://www.rockyfootball.com). The 2018 Freshman Parent representative is Angie Gaul, [angiekgaul@gmail.com](mailto:angiekgaul@gmail.com), please contact her with additional questions.

### EDUCATION

Rocky Mountain Football Coaches visit Heritage and Sawtooth middle schools to speak to the 8<sup>th</sup> grade class about playing football at Rocky.

On-line registration begins Feb. 9 @[www.rockyfootball.com](http://www.rockyfootball.com). Register early for lowest installment payment options. Please ensure player email and player cell phone numbers are entered during registration.

Registration fees are \$550 - Freshman receive \$100 discount. Fees include summer camp, summer conditioning program and two tickets to the Adult Night Out Dinner & Auction

Mandatory spirit packs are \$115 and only available for a limited time through our on-line store.

### Dress Code for Practice

Players must wear Rocky Logo t-shirt and black shorts for all Rocky practices, conditioning and the weight room. Freshman receive a \$100 discount to allow extra funds to purchase required gear. The team store will be open in February and March. Items purchased in February will be delivered to respective middle schools, March orders will be ready for pick-up at RMHS during equipment check out. In addition, players must purchase a Spirit Pack each year and supply their own cleats (black or white only), mouth guard, padded girdle, white socks, as well as any other personal items. Pads and helmets are provided, but can be leased or purchased through our vendor program, if desired. More information on leasing/purchases will be presented at the Parent Meeting on March 21.

### Physicals

All Freshman, Juniors and student-athletes new to the District are required to have a Physical. Physicals can be completed by an independent physician or through the Rocky Athletics Clinic at a discounted rate. Physical Forms and additional instructions are available on our website. All student athletes are required to complete an on-line Insurance Questionnaire (IQ) each year. Physicals and IQ must be completed after May 1 to be valid for school year. Forms and information are available on our website.

Important Dates			
Activity	Location	Date	Time
Registration Opens	Rockyfootball.com	Feb 9	8:00AM
1 <sup>st</sup> Coaches Campus Visit, additional dates TBD	Heritage	Feb. 2+TBD	8:20AM
	Sawtooth	Feb. 9 +TBD	8:20AM
On-Line Store	Rockyfootball.com	Feb 9-23 & Mar 16-30	8:00AM
Parent Reg. Meeting	RMHS Library	March 21	6:30 – 7:30PM
Equipment Checkout	RMHS Gym	May 21	4:15-5:45PM
Practice	RMHS Football Fields	May 21-24	4:15-5:45PM
Physicals Clinic	RMHS Gym	May 23	6:15-6:45PM
Frosh Football Camp & Jamboree	RMHS Football Fields	May 29 – June 1	5:30 – 8PM
District All Sport Parent Meeting	RMHS Auditorium	TBD	TBD
Adult Night Out Dinner & Auction	The Revolution, Garden City, ID	August 11	Doors Open 5:30PM
Mom's Clinic and BBQ	RMHS Stadium	August 18	4:00-7:00PM

Stay in the know – Like our FB Page (@Rockymountainfootball), follow us on Instagram and Twitter (@gorockyfootball), download our 🍌teamsnap mobile app and check [www.Rockyfootball.com](http://www.Rockyfootball.com) for updates.

## Frosh Football Practice Schedule

Refer to the following table for important practice schedule dates and times. Schedule is subject to change. Coaches communicate through text, Hudl and TeamSnap. Players are responsible for keeping their personal contact information current to avoid missing updates.

<i>Activity</i>	<i>Date</i>	<i>Time</i>	<i>Notes</i>
<b>Spring Practice</b>	May 21-22	4:15 – TBD	Helmets, Shorts, & Cleats only
	May 23-24	4:15 – TBD	Helmets, Shoulder Pads, Shorts, & Cleats
<b>Frosh Football Camp</b>	May 29-30	5:30 – 8PM	Full Gear
<b>Jamboree</b>	May 31 – June 1	5:30 – 8PM	Full Gear Capital, Eagle, Cent, Mtn View, Kuna, Meridian, Mtn Home, Skyview, Boise
<b>Summer Session Lifting &amp; Conditioning Continued</b>	June 4-7	7:45 – 9:30AM	M-Th
	June 11-14		Rocky Football T-shirt, shorts, sneakers and cleats
	June 18-21		Stay hydrated!
	June 25-28		
	July 2nd	7:45 – 9:30AM	
<b>NO PRACTICE</b>	Jul 3-5		Make sure you are running
<b>Summer Session Lifting &amp; Conditioning</b>	July 6	7:45 – 9:30AM	M-Th
	July 9-12	7:45 – 9:30AM	Rocky Football T-shirt, shorts, sneakers
	July 16-19		Stay hydrated!
	July 23-26		
<b>NO PRACTICE</b>	Jul 27-Aug 6		Make sure you are running
<b>Fall Season Practice</b>	Aug 6-9	AM + PM TBD	Helmets Only
	Aug 13-16	TBD	Updates through TeamSnap
<b>Moms Clinic and BBQ</b>	August 18	4:00-7:00PM	RMHS Stadium
<b>School Begins</b>	Aug 22	3:30PM	Updates through TeamSnap

## Frosh 2018 Season Schedule

Coaches will post updates to TeamSnap, Hudl, social media, and emails with updates and news, as needed.

<b>Week</b>	<b>Opponent</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
1	Mountain View	Thurs., Aug. 23	TBD	RMHS
2	Boise	Thurs., Aug. 30	TBD	RMHS
3	Capital	Thurs., Sept. 6	TBD	Capital HS
4	Centennial	Thurs., Sept. 13	TBD	Centennial HS
5	Timberline	Weds., Sept. 19	TBD	Timberline HS
6	Meridian	Thurs., Sept. 27	TBD	RMHS
7	Eagle	Weds., Oct. 3	TBD	Eagle HS
8	Skyview	Thurs., Oct. 11	TBD	RMHS
9	Borah	Thurs., Oct. 18	TBD	RMHS

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