



ROCKY FOOTBALL



JV/Varsity 2018 Football

Athletes who want to play Rocky Mountain High School football for the Fall 2018 season must attend the parent/player registration meeting. If unable to attend, all documents and registration information is available online, at www.rockyfootball.com. The 2018 Varsity Parent Representative is Norm Long, nlong@idahopower.com and the Junior Varsity Parent Representative is Liz Amar, elizabeth@biltmoreco.com. For questions related to registration please contact Kristine Croft at rockygriz@gmail.com.

COMMUNICATION

On-line registration begins Feb. 9 @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 – Fees include summer camp, summer conditioning program and two tickets to the Adult Night Out Dinner & Auction

Please download the TeamSnap app for updates to schedules. Coaches communicate with players using Hudl, TeamSnap and text.

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

Dress Code

Players must wear Rocky Logo t-shirt and black shorts for all Rocky practices, conditioning and the weight room. Rocky gear and the mandatory Spirit Pack is available through our on-line store March 16-30. Orders will be ready for pick-up at RMHS during equipment check out. Players must also 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.

Physicals and Insurance Questionnaire

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.

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 for updates.

Important Dates			
Activity	Location	Date	Time
On-Line Store	Rockyfootball.com	Feb 9-25 Mar 16-30	8:00AM
Parent Reg. Meeting	RMHS Library	March 22	6:30 – 8:30PM
Equipment Checkout	RMHS Gym	May 21	3:30PM
Spring Football Begins	RMHS Stadium	May 21-24	3:45-5:45PM
Physicals Clinic	RMHS Gym	May 23	6:15-6:45PM
BSU Football Camp	Boise State	Jun 16-18	TBD
7x7 Potato Bowl	Optimist Fields	July 20-21	TBD
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
Fall Practice Begins	RMHS Stadium	Aug 6-18	AM+ PM Practices TBD
Black & Purple Jamboree	RMHS Stadium	Aug 17	5PM-8PM
Mom's Clinic and BBQ	RMHS Stadium	August 18	4:00-7:00PM

Varsity and Junior Varsity Football Practice Schedule

We want you to participate in other sports and expect you to leave for family summer activities. When in town we expect your full involvement in the summer program. If you are not attending workouts and have not communicated your absence, we will assume you are not part of the team. Communication is the key!

<i>Activity</i>	<i>Date</i>	<i>Time</i>	<i>Notes</i>
All-Spring Practice	May 21-24	3:45 – 5:45PM	Rocky Gear
	May 29-31	3:45-5:45PM	Helmets and Rocky Gear
NO PRACTICE	June 1	FREE	LAST DAY OF SCHOOL
VARSITY	June 4-7	7:00-9:00AM	Practice/Lifting
JV CAMP @ Rocky	June 4-5	5:30-8:00PM	Full Pads
JV Only @ Rocky	June 6-7	5:30-8:00PM	VS Kuna, Cap, Mountain View, Eagle, Boise, Meridian
VARSITY Spring Practice	June 11-12	7:00-9:00AM	Helmets Only
	June 13-15	7:00-9:00AM	Helmets and Half Shell
BSU Football Camp VARSITY INVITE ONLY	June 16-19	8:00AM-10:00PM	Players at BSU by 8AM-No Buses, home by 10PM, lunch and dinner provided, FULL PADS
Summer Session			
JV Lifting & Conditioning	June 11-14	7: 00 9:30AM	Rocky Gear
JV Lifting & Conditioning	June 18-19	7:00-9:30AM	
All Lifting & Conditioning	June 21-22	7: 00-9:30AM	
	June 25-29	7: 00-9:30AM	
VARSITY	June 26	9:00AM-TBD	
All Lifting & Conditioning	July 2	7:00-9:30AM	
All NO PRACTICE	July 3-5		Make sure you are running
All Summer Session	July 6	7:00–9:30AM	Rocky Football T-shirt, shorts, sneakers & cleats
Lifting & Conditioning	July 9-12	7:00–9:30AM	
	July 16-19	7:00–9:30AM	
VARSITY	July 10	8:45AM	7v7 vs Meridian @ Meridian
	July 12	9:15AM	7v7 vs Capital @ Rocky
	July 17	8:30AM	7x7 vs. Skyview @ Rocky
All--Potato Bowl 7x7	July 20 & 21	TBD	Optimist Field
All-Lifting & Conditioning	Jul 23-24	7:00–9:30AM	
All- NIGHT OF CHAMPIONS	July 25 -26	6:00- 9:00PM	OFF SITE TBD
All-END OF CONDITIONING CELEBRATION	July 26	TBD	TBD

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Varsity and Junior Varsity Football Practice Schedule - Continued

All – DEAD WEEK	July 30-Aug 3	RELAX	No Football
All – Fall Season Practice	Aug 6-10	7AM + PM TBD	Rocky Gear
All-Fall Season Practice	Aug 13-17	AM + PM TBD	Aug 17 Jamboree - am workout only
All-Black & Purple Jamboree	Aug 17	5:00-9:00PM	Vs. Eagle, Fruitland, Vallivue/ JV vs FROSH
All- Mom’s Clinic & BBQ	Aug 18	4:00-7:00PM	Moms Clinic Players and Moms
All Fall Practice	Aug 20-Aug 23	3:30-5:30PM	First Day of school is Aug 22
JV Game 1	Aug 23	6:00PM	Vs. Mtn. View @ Mountain View
VARSITY Game 1 “Battle of the Mountains”	Aug 24	7:00PM	Vs. Mtn. View @ Rocky
Varsity Day After	Aug 25	8:00-9:30AM	Training Room/Lift and Film
All Fall Practice	Aug 27-30	3:30-5:30PM	
JV Game 2	Aug 30	4:00PM	Vs. Boise @ Boise
Varsity Game 2	Aug 31	7:00PM	Vs. Boise @ Rocky
Varsity Day After	Sept 1	8:00-9:30AM	Training Room/lift and Film
Labor Day	Sept 3	4:30-7:00PM	Half shell

Schedule Changes

Follow calendar changes at www.rockyfootball.com. Also, please check your email on a regular basis and text messages for information from your coaches. If you are not receiving text message blasts you need to see coach Culig immediately to check/change your contact information. Coach Culig can also be reached at Culig.Christopher@westada.org.

Varsity 2018 Season Schedule


We will post the official game schedule once we get all adjustments based on the BSU game schedule. Game dates and times are subject to change - schedule updates will be posted on TeamSnap and at www.rockyfootball.com.

Week	Opponent	Date	Time	Location
1	Mountain View	Friday, Aug. 24	7:00PM	RMHS "Battle of the Mountains"
2	Boise	Friday, Aug. 31	7:00PM	RMHS
3	Capital	Friday, Sept. 7	7:00PM	Donna Larson Field
4	Centennial	Friday, Sept. 14	7:00PM	Centennial HS
5	Timberline	Friday, Sept. 21	7:00PM	Donna Larson Field
6	Meridian	Friday, Sept. 28	7:00PM	RMHS
7	Eagle	Thursday, Oct. 4	7:00PM	Eagle HS "Herb Criner Bowl"
8	Skyview	Friday, Oct. 12	7:00PM	RMHS
9	Borah	Friday, Oct. 19	7:00PM	RMHS
11	1 st Round	Friday, Oct. 26	TBD	TBD
12	Quarter Finals	Friday, Nov. 2	TBD	TBD
13	Semi Finals	Friday, Nov. 9	TBD	TBD
14	State Finals	Friday, Nov. 16	TBD	TBD

Junior Varsity 2018 Season Schedule

We will post the official game schedule once we get all adjustments based on the BSU game schedule. Game times subject to change – schedule updates will be posted on TeamSnap and at www.rockyfootball.com.

Week	Opponent	Date	Time	Location
1	Mountain View	Thursday, Aug. 23	6:00PM	Mountain View High School
2	Boise	Thursday, Aug. 30	4:30PM	Boise High School
3	Capital	Thursday, Sept. 6	6:00PM	RMHS
4	Centennial	Thursday, Sept. 13	6:00PM	RMHS
5	Timberline	Thursday, Sept. 20	6:00PM	RMHS
6	Meridian	Thursday, Sept. 27	6:00PM	Meridian High School
7	Eagle	Wednesday, Oct. 3	6:00PM	RMHS
8	Skyview	Thursday, Oct. 11	4:30PM	Skyview
9	Borah	Thursday, Oct. 18	4:30PM	Borah High School

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