

Rochester Football
2022 Tentative Practice Schedule

May – Family Night / Orientation – 7-8:30 pm

June 4 – Equipment Handout – (Rochester University)

Football Camp

7-22 – Camp Check-In – 6:30 pm to 7:30 pm

7-23 & 7-24 (Sat & Sun) 9:00 am to 12:00 noon

Practice Fresh, JV & Varsity

8-8 – 6 pm to 8 pm (Mon)

8-9 – 6 pm to 8 pm (Tues) – *Jr. Fresh Helmets only*

8-10 – 6 pm to 8 pm (Wed) – *Jr. Fresh Helmets only*

8-11 – 6 pm to 8 pm (Thurs) – *Jr. Fresh Helmets only*

8-12 – 6 pm to 8 pm (Fri)

8-15 – 6 pm to 8 pm (Mon)

8-16 – 6 pm to 8 pm (Tues)

8-17 – 6 pm to 8 pm (Wed) - *Jr. Fresh*

8-18 – 6 pm to 8 pm (Thurs) - *Jr. Fresh*

8-19 – 6 pm to 8 pm (Fri)

8-20 - Picture Day

8-21 – Golf Outing – Westwynd Golf Club

8-22 – 6 pm to 8 pm (Mon)

8-23 – 6 pm to 8 pm (Tues) - *Jr. Fresh*

8-24 – 6 pm to 8 pm (Wed) - *Jr. Fresh*

8-25 – 6 pm to 8 pm (Thurs) - *Jr. Fresh*

8-26 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 1**

8-30 – 6 pm to 8 pm (Tues) - *Jr. Fresh*

8-31 – 6 pm to 8 pm (Wed)

9-1 – 6 pm to 8 pm (Thurs) - *Jr. Fresh*

(Labor Day Weekend)

TIME CHANGE

9-6 – **5:30 pm to 7:30 pm** (Tues) - *Jr. Fresh*

9-7 – **5:30 pm to 7:30 pm** (Wed)

9-8 – **5:30 pm to 7:30 pm** (Thurs) - *Jr. Fresh*

9-9 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 2**

<or> Sat 9:00am to 10:00am

9-13 – 5:30 pm to 7:30 pm (Tues) - *Jr. Fresh*

9-14 – 5:30 pm to 7:30 pm (Wed)

9-15 – 5:30 pm to 7:30 pm (Thurs) - *Jr. Fresh*

9-16 – 5:30 pm to 6:30pm (Fri) Walkthrough – **Week 3**

<or> Sat 9:00am to 10:00am

TIME CHANGE

9-20 – 5:30 pm to **7:15 pm** (Tues) - *Jr. Fresh*

9-21 – 5:30 pm to **7:15 pm** (Wed)

9-22 – 5:30 pm to **7:15 pm** (Thurs) - *Jr. Fresh*

9-23 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 4**

<or> Sat 9:00am to 10:00am

9-27 – 5:30 pm to **7:15 pm** (Tues) - *Jr. Fresh*

9-28 – 5:30 pm to **7:15 pm** (Wed)

9-29 – 5:30 pm to **7:15 pm** (Thurs) - *Jr. Fresh*

9-30 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 5**

<or> Sat 9:00am to 10:00am

TIME CHANGE

10-4 – 5:30 pm to **7:00 pm** (Tues) - *Jr. Fresh*

10-5 – 5:30 pm to **7:00 pm** (Wed)

10-6 – 5:30 pm to **7:00 pm** (Thurs) - *Jr. Fresh*

10-7 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 6**

<or> Sat 9:00am to 10:00am

10-11 – 5:30 pm to 7:00 pm (Tues) - *Jr. Fresh*

10-12 – 5:30 pm to 7:00 pm (Wed)

10-13 – 5:30 pm to 7:00 pm (Thurs) - *Jr. Fresh*

10-14 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 7**

<or> Sat 9:00am to 10:00am

10-18 – 5:30 pm to 7:00 pm (Tues) - *Jr. Fresh*

10-19 – 5:30 pm to 7:00 pm (Wed)

10-20 – 5:30 pm to 7:00 pm (Thurs) - *Jr. Fresh*

10-21 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 8**

<or> Sat 9:00am to 10:00am

- **Jr. Freshman v. Varsity Scrimmage week**

PLAYOFF WEEK

10-25 – 5:30 pm to 7:00 pm (Tues) - *Jr. Fresh*

10-26 – 5:30 pm to 7:00 pm (Wed)

10-27 – 5:30 pm to 7:00 pm (Thurs) - *Jr. Fresh*

10-28 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Playoffs**

SUPER BOWL WEEK

10/31 to 11/4 TBD

Super Cheer – 10/30 (Macomb)

Jr Freshman Jamboree – 10/23 (Pontiac)

Playoff Week – Oct 29 (Hawks/Steelers)

Super Bowl – Nov 5 or 6 (Pontiac)

Equipment Turn in – Sat Nov 19 – TBD

Banquet – Sun, Nov 20 (Royal Park)

* **Jr. Freshman** practices start on Aug 9th with practices on Tues, Wed & Thurs *

** After the First Game, Jr. Freshman practices are reduced to 2 days a week. (Tues & Thurs)**

*** Walkthroughs are set on a squad by squad basis either Friday or Saturday. Confirm date and time with Head Coach***

**** NO Walkthrough for Jr. Freshman ****

***** There will be no practice at Musson on Curriculum night, Date will be indicated when it is known.*****

Contact: Gary Grochowski – Director of Football – gary.grochowski@gmail.com

**** **Please check back for updates.– Last Updated 5/26/2022** ****