

Rochester Raiders
2024 Practice Schedule

May 6 – Family Night / Orientation – 7-8:00 pm

June 1 – Equipment Handout – (Musson Elementary)

Football Camp

7-26 – Camp Check-In – 6:30 pm to 7:30 pm

7-27 & 7-28 (Sat & Sun) 9:00 am to 12:00 noon

Practice Fresh, JV & Varsity

8-5 – 6 pm to 8 pm (Mon)

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

8-7 – 6 pm to 8 pm (Wed) – *Jr. Fresh Helmets only*

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

8-9 – 6 pm to 8 pm (Fri)

8-12 - 6 pm to 8 pm (Mon)

8-13- 6 pm to 8 pm (Tues)- *Jr. Fresh*

8-14 – 6 pm to 8 pm (Wed) - *Jr. Fresh*

8-15 – 6 pm to 8 pm (Thurs) - *Jr. Fresh*

8-16 – 6 pm to 8 pm (Fri)

8-17 - Picture Day

8-18 – Golf Outing – Westwynd Golf Club

8-19 – 6 pm to 8 pm (Mon)

8-20 – 6 pm to 8 pm (Tues) - *Jr. Fresh*

8-21 – 6 pm to 8 pm (Wed) - *Jr. Fresh*

8-22 – 6 pm to 8 pm (Thurs) - *Jr. Fresh*

8-23 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 1**

8-27 – 6 pm to 8 pm (Tues) - *Jr. Fresh*

8-28 – 6 pm to 8 pm (Wed)

8-29 – 6 pm to 8 pm (Thurs) - *Jr. Fresh*

(Labor Day Weekend)

TIME CHANGE

9-3 – **5:30 pm to 7:30 pm** (Tues) - *Jr. Fresh*

9-4 – **5:30 pm to 7:30 pm** (Wed)

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

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

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

9-10 – 5:30 pm to 7:30 pm (Tues) - *Jr. Fresh*

9-11 – 5:30 pm to 7:30 pm (Wed)

9-12 – 5:30 pm to 7:30 pm (Thurs) - *Jr. Fresh*

9-13 – 5:30 pm to 6:30pm (Fri) Walkthrough – **Week 3**

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

TIME CHANGE

9-17 – 5:30 pm to **7:15 pm** (Tues) - *Jr. Fresh*

9-18 – 5:30 pm to **7:15 pm** (Wed)

9-19 – 5:30 pm to **7:15 pm** (Thurs) - *Jr. Fresh*

9-20 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 4**

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

9-24 – 5:30 pm to **7:15 pm** (Tues) - *Jr. Fresh*

9-25 – 5:30 pm to **7:15 pm** (Wed)

9-26 – 5:30 pm to **7:15 pm** (Thurs) - *Jr. Fresh*

9-27 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 5**

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

TIME CHANGE

10-1 – 5:30 pm to **7:00 pm** (Tues) - *Jr. Fresh*

10-2 – 5:30 pm to **7:00 pm** (Wed)

10-3 – 5:30 pm to **7:00 pm** (Thurs) - *Jr. Fresh*

10-4 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 6**

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

10-8 – 5:30 pm to 7:00 pm (Tues) - *Jr. Fresh*

10-9 – 5:30 pm to 7:00 pm (Wed)

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

10-11 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 7**

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

Fri Oct 11 - Varsity at the Big House (UM Stadium)

Jr. Freshman v. Varsity Scrimmage week

PLAYOFF WEEKS

10-15 – 5:30 pm to 7:00 pm (Tues) - *Jr. Fresh*

10-16 – 5:30 pm to 7:00 pm (Wed)

10-17 – 5:30 pm to 7:00 pm (Thurs) - *Jr. Fresh*

10-18 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Playoffs**

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

10-22 – 5:30 pm to 7:00 pm (Tues)

10-23 – 5:30 pm to 7:00 pm (Wed)

10-24 – 5:30 pm to 7:00 pm (Thurs)

10-25 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Playoffs**

SUPER BOWL WEEK

10/28 to 11/2 TBD

Super Cheer – Oct 26/27 (TBD)

Jr Freshman Jamboree – October 19/20 (Lakes Area)

Playoff Week 1 – Oct 19/20 (Eagles/Barons/Steelers)

Playoff Week 2 – Oct 26/27 (Meteors/Lions)

Super Bowl – Nov 2 (Comets)

Equipment Turn in – Sat, Nov 16

Banquet – Sun, Nov 24

Christmas Parade - December 8

* **Jr. Freshman** practices start on Aug 6th 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 4/18/2024*** ****