

Rochester Raiders 2025 Practice Schedule

May 5 – Family Night / Orientation – 7-8:00 pm

May 31 (Sat) – Equipment Handout – (Musson Elementary)

Cheer Camp - 7-21 to 7-23 – 9:00 am to 12:00 noon

Football Camp

7-25 – Camp Check-In – 6:30 pm to 7:30 pm

7-26 & 7-27 (Sat & Sun) 9:00 am to 12:00 noon

Practice Fresh, JV & Varsity

8-4 – 6 pm to 8 pm (Mon)

8-5 – 6 pm to 8 pm (Tues) – *Jr. Fresh Helmets only*

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

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

8-8 – 6 pm to 8 pm (Fri)

8-11 - 6 pm to 8 pm (Mon)

8-12- 6 pm to 8 pm (Tues)- *Jr. Fresh*

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

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

8-15 – 6 pm to 8 pm (Fri)

8-16 - Picture Day

8-17 – Golf Outing – Westwynd Golf Club

8-18 – 6 pm to 8 pm (Mon)

8-19 – 6 pm to 8 pm (Tues) - *Jr. Fresh*

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

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

8-22 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 1**

8-26 – 6 pm to 8 pm (Tues) - *Jr. Fresh*

8-27 – 6 pm to 8 pm (Wed)

8-28 – 6 pm to 8 pm (Thurs) - *Jr. Fresh*

Popsicles & Performances (Thurs)

(Labor Day Weekend) - NO GAMES

TIME CHANGE

9-2 – **5:30 pm to 7:30 pm** (Tues) - *Jr. Fresh*

9-3 – **5:30 pm to 7:30 pm** (Wed)

9-4 – **5:30 pm to 7:30 pm** (Thurs) - *Jr. Fresh*

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

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

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

9-10 – 5:30 pm to 7:30 pm (Wed)

9-11 – 5:30 pm to 7:30 pm (Thurs) - *Jr. Fresh*

9-12 – 5:30 pm to 6:30pm (Fri) Walkthrough – **Week 3**

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

TIME CHANGE

9-16 – 5:30 pm to **7:15 pm** (Tues) - *Jr. Fresh*

9-17 – 5:30 pm to **7:15 pm** (Wed)

9-18 – 5:30 pm to **7:15 pm** (Thurs) - *Jr. Fresh*

9-19 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 4**

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

9-23 – 5:30 pm to **7:15 pm** (Tues) - *Jr. Fresh*

9-24 – 5:30 pm to **7:15 pm** (Wed)

9-25 – 5:30 pm to **7:15 pm** (Thurs) - *Jr. Fresh*

9-26 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 5**

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

TIME CHANGE

9-30 – 5:30 pm to **7:00 pm** (Tues) - *Jr. Fresh*

10-1 – 5:30 pm to **7:00 pm** (Wed)

10-2 – 5:30 pm to **7:00 pm** (Thurs) - *Jr. Fresh*

10-3 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 6**

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

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

10-8 – 5:30 pm to 7:00 pm (Wed)

10-9 – 5:30 pm to 7:00 pm (Thurs) - *Jr. Fresh*

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

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

10-14 – 5:30 pm to 7:00 pm (Tues) - *Jr. Fresh*

Jr. Freshman v. Varsity Scrimmage (Tues)

10-15 – 5:30 pm to 7:00 pm (Wed)

10-16 – 5:30 pm to 7:00 pm (Thurs) - *Jr. Fresh*

10-17 – 5:30 pm to 6:30 pm (Fri) Walkthrough – **Week 8**

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

PLAYOFF WEEKS - Estimated Times

10-21 – 5:30 pm to 7:00 pm* (Tues) - *Jr. Fresh*

10-22 – 5:30 pm to 7:00 pm* (Wed)

10-23 – 5:30 pm to 7:00 pm* (Thurs) - *Jr. Fresh*

10-24 – 5:30 pm to 6:30 pm* (Fri) Walkthrough – **Playoffs**

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

10-28 – 5:30 pm to 7:00 pm* (Tues)

10-28 – 5:30 pm to 7:00 pm* (Wed)

10-30 – 5:30 pm to 7:00 pm* (Thurs)

10-31 – 5:30 pm to 6:30 pm* (Fri) Walkthrough – **Playoffs**

SUPER BOWL WEEK

11/4 to 11/7 TBD

Super Cheer – (TBD)

Playoff Week 1 – Oct 25/26 (TBD/TBD/TBD)

Playoff Week 2 – Nov 1/2 (TBD/TBD)

Super Bowl – Nov 8 (TBD)

Equipment Turn in – Sat, Nov 15

Banquet – Sun, Nov 23

ALL DATES AND TIMES ARE SUBJECT TO CHANGE. PLEASE CONFIRM WITH HEAD COACH.

* **Jr. Freshman** practices start on 8/5 with practices on Tues, Wed & Thurs *

** After the 1st 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 Walkthroughs 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 2/9/2025