



KEY DATES FOR RISING FRESHMAN FOOTBALL PLAYERS

January 26, 2015 @ 5:30 PM – RHS (PE Room 07)

(PE Room 07 is on hallway on back side of Aux Gym)

- Information meeting for this year's rising freshmen with Coach Ford, Coach Brown and other RHS coaches – players only

Week of February 3rd – Conditioning begins

RHS Weight Room – Standby for more details

- Come dressed to work out
- You need a physical to participate – If you played Jr. Hornet Football this past season as an 8th grader then you don't need a new physical as the one from this past season is still valid.

If you have any questions, please contact: Lisa Nikolich
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