



## North Rockford 78ers Football

- **Contact Information**

Coach Mike Ahern – Cell: 616-446-2075 Email: [ahern12@charter.net](mailto:ahern12@charter.net)

- **North 78er Website:** <http://nrms78ers.weebly.com>

- **Camp Dates** (*Information and registration for the camp can be found at [www.rpssignmeup.com](http://www.rpssignmeup.com)*)

TEAM Camp: July 9-11, Time: 8:15 – 12:15: For 7<sup>th</sup> and 8<sup>th</sup> graders (Please attend if possible. Players learn the base plays of the Ram offense during the camp.)

- **Season Dates:** (*all dates and times are tentative*)

Conditioning (helmet, mouthpiece, cleats and tennis shoes) – August 13 from 5:00 to 8 pm.

**\*\*\*There will be a parent meeting on the first night from 5:00 to 5:30 pm\*\*\***

Conditioning (helmet, mouthpiece, cleats and tennis shoes) – August 14 from 5:30 to 8 pm.

Conditioning (helmet, mouthpiece, cleats, tennis shoes, shoulder pads) – August 15-16 from 5:30 to 8 pm.

Full Contact Practice – Starts on August 17<sup>th</sup> from 8:30 to 11am. A player has to have had 4 days of conditioning to start in pads.

Practices from August 20<sup>th</sup>-August 30<sup>th</sup> will be from 2:30 to 5:00. **Three exceptions:** Thursday August 23<sup>th</sup> and Friday August 24<sup>th</sup> from 8:30-11:00. **SCRIMMAGE:** Thursday August 28<sup>th</sup> 6:00-8:30. (7<sup>th</sup> grade at North and 8<sup>th</sup> grade at East). No Practice on Friday, August 31st.

Practice on Labor Day will be from 5:30-8 pm. First Game – Wednesday, September 5<sup>th</sup> at 6:30 pm.

- **Important Information**

\*Players will sign-up to play 78ers by going to the website [www.rpssignmeup.com](http://www.rpssignmeup.com) and selecting NRMS 78ers and your grade level. Please sign-up prior to August 13th. You will also pay the \$90 pay to play through the community services site.

\*Athletes can sign-up for a summer 7<sup>th</sup>/8<sup>th</sup> grade strength and conditioning program created by Strength and Conditioning Coach Brent Cummings, and overseen by the middle school football coaches. The sessions will be on M/W from 10:30 – 11:30 starting on June 11<sup>th</sup> at the Rockford Fitness Center at the High School.

\*Please try to plan your family vacations prior to August 13th. We have roughly 15 practices until a game and we put in a lot of plays and work on a lot of skills each practice. Missing practices can set a player back a great deal.

\*Equipment has to be provided by the parents. Equipment can be purchased at most local sport stores. We require white helmets, black pants and Rockford color socks (black for games).

**\*\*\* All players must have a completed and current physical form before the first day of practice. Physical forms can be picked up in the office or downloaded from the Rockford schools website. This is a school form and NO other forms will be allowed. Physicals will be collected on the first night of practice or need to be on file in the school prior to the first practice. The physical needs to be done after April 15, 2018 to be good. A player may not practice without an up to date physical.**

\* Seventh graders, if you are having a hard time choosing between Rock 7's and 78ers, we suggest you contact Coach Ahern. If a 7th grader chooses to play Rock 7's they will be on a team of all 7th graders from North. Rock 7's practices will occur after school and they will practice some of the time with the NRMS 78ers team. Sign-up dates for Rock 7's can be found on the rocket website: [www.rockfordyfb.com](http://www.rockfordyfb.com)

GO RAMS!

**GO RAMS!**

**ROCKFORD FOOTBALL**  
**QB / RECEIVER TECHNIQUE SCHOOL**  
**2018**

Are you motivated to get in some extra work before our Ram Pride TEAM Camp in July? Do your parents want you out of the house & involved in a positive activity with TEAMmates? If so and if you're not on vacation, working or taking drivers education or a summer school class consider joining us for three days of extra coaching on footwork, passing mechanics, running routes, blocking, gaining a deeper understanding of patterns, protections, schemes & drills etc.

Here's the particulars ...

**Who:** Potential QB's and Receivers ENTERING Grades 8 thru 12

**Dates:** Monday, June 25<sup>th</sup> thru Wednesday, June 27<sup>th</sup>

**Times:** QB's meet from 8:30 am to 12:30 pm  
Receivers meet from 10:00 am to 12:15 pm

**Location:** the Harve (upper turf area near water tower)

**Cost:** \$30.00 for QB's (Includes a T-Shirt)  
\$20.00 for Receivers (Includes a T-Shirt)

**ROCKFORD FOOTBALL**  
**CAVE MAN TECHNIQUE SCHOOL**  
**2018**

Here's the particulars ...

**Who:** Potential Offensive Linemen ENTERING Grades 8 thru 12

**Dates:** Monday, June 25<sup>th</sup> thru Wednesday, June 27<sup>th</sup>

**Times:** Offensive Lineman 8:00 am to 9:15 am

**Location:** the Harve (upper turf area near water tower)

**Cost:** \$20.00 for Offensive Lineman (Includes a T-Shirt)



How do I register?

Contact Rockford Community Services at 863-6322

or just register online at [www.rpssignmeup.com](http://www.rpssignmeup.com) by June 15<sup>th</sup>

QUESTIONS ????

give Coach Munger a call ...

204-1857