**Reno Huskie Football 2023: Spring, Summer & Fall Important Dates**

**Important Information:**

* **Summer Weights / Conditioning / Football Practice Hours: 6:15 – 11:30**

**Who should participate?**

* **All RHS Huskies who desire to play football & make a Frosh, JV or Varsity roster in the Fall.**

**What to bring each day:**

* **RHS Athletic Apparel (Shorts & T-shirts), Tennis Shoes, Cleats, Hand Towel**
* **Lots of Water, Snack, Sunscreen, Hand Sanitizer**

**Breakdown of typical day:**

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| **Varsity*** **6:15: Arrive / Stretch**
* **6:30: Roll call**
* **6:45: Workout begins**
* **8:00: Break**
* **8:15: Varsity Install**
* **8:45: Field Warm-up**
* **9:00: Football Practice**
* **10:10: Conditioning / Stretch**
* **10:30: End**
 | **JV** * **7:30: Players arrive**
* **7:30: Roll Call**
* **7:35: Warm-up**
* **7:45: Workout**
* **8:35: Break**
* **8:45: Install**
* **9:15: Practice**
* **10:30: Conditioning**
* **10:45: End**
 | **Frosh*** **8:15: Players arrive**
* **8:15: Roll Call**
* **8:20: Warm-up**
* **8:30: Calisthenics**
* **8:40: Break**
* **8:45: Install**
* **9:15: Practice**
* **10:15: Break**
* **10:30: Weight Room**
* **11:30: End**
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**Spring Football**

**May Events:**

* May 115,16,17 and 18: Spring Football Week #1 ***(Spring Sports in state championships excused)***
* ***Introduce Online Donation Fundraiser / Fundraiser begins May 23th***
* May 22, 23, 24, 25: Spring Football Week #2 ***(All Football Athletes expected to attend)***
* May 23: ***Kick-off for Online Donation Fundraiser: JV & Varsity***
* ***May 24th-Freshman Sports Night. Will be in the Big Gym. More Info TBA.***
* ***May 26, 27, 28: Team Camp @ Hume Lake (Varsity Only and more info soon)***
* **June 1st**: **“Huskie Pups” Welcome! Frosh F-ball Players & Parent Night *(6 pm @ Foster Field)***

**Summer Football**

**June Events:**

* May 31st thru June 14th: Final Exams / Dead period **(No football activities scheduled)**
* June 14th thru June 18th: Vacation time!!
* June 19, 20, 21 & 22: Summer Weights / Conditioning Week #1 (**JV & Frosh no practice 6/21)**
* June 24: 7on7 Tourney @ Sac High (Varsity only)
* June 26, 27, 28 & 29: Summer Weights / Conditioning Week #2 (**JV & Frosh no practice 6/28)**
* June 26: ***Freshmen Kick-off of Online Donation Fundraiser***

**Summer Continued**

**July Events:**

* Week of July 3rd-July 7th: Vacation Time!! No workouts / No conditioning / No practice! Enjoy!!
* July 10, 11,12 & 13: Summer Weights / Conditioning Week #3 (**JV & Frosh no practice 7/12)**
* July 11: ***“7 on 7” 6 pm @McQueen High School***
* July 17, 18, 19 & 20: Summer Weights / Conditioning Week #4 (**JV & Frosh no practice 7/19)**
* July 18: ***7 on 7” and “Big Man” Competition 6 pm @ McQ***
* July 20: ***“7 on 7” at Truckee HS***
* ***July 19 / 20: Football gear passed out / Lockers assigned (More information to come)***
* July 24, 25 & 26: Full Padded practices. July 24 & 25 at Swift Sports Dome. Times TBA
* July 27- August 1: Vacation Time

**Fall Season**

**August Events: August 2nd is the official start of season. Expect “Double Days” from 8-1 thru 8-5**

* August 2 and 3: Workouts Resume & ***Official start of practice!*** (Helmets only / Times TBA)
* August 4 and 5: Practice continues (shells only)
* August 4: ***Discount Card Fundraiser Kick-off: Varsity, JV and Frosh***
* August 7-10: Practice & Workouts Continue (2nd week of practice)
* August 12:  ***Pre-season scrimmage at Reno High vs Carson, North Valleys & Fallon***
* August 13: Team Pictures @ Reno High (Times TBA)
* August 15: First Day of School / Practices take place after school
* August 17: **Frosh @ Damonte Ranch**
* August 18: **vs Christian Brother HS @ Reno HS JV @4:30, Varsity @ 7 PM**
* August 24: **Frosh @ Carson HS 545 PM**
* August 25: **Varsity vs Northgate HS @ Reno HS 7PM (JV on Bye)**
* August 31: **Frosh vs Lowry HS @ Reno HS**

**September Events:**

* September 1: **@ Grant High School in Sacramento, CA JV @ 430, Varsity @ 7PM**
* September 8:  **North Valleys HS @ Reno HS**
* September 15: **@ Wooster (Frosh on Bye)**
* September 22: **@ Damonte Ranch HS**
* September 29: **Reed HS @ Reno HS**

**October / November Events**

* October 7: **@ Spanish Springs HS** ***(There will be practices and games the week of Fall Break!)***
* October 14:  **McQueen**
* October 21: @ **Reed**
* October 27: NIAA Playoffs Round 1
* November 4: NIAA Playoffs Round 2
* November 11: Northern Regional Championship
* State Championship: TBA
* TBA::  Frosh & JV End of season Banquet ***(Tentatively scheduled date)***
* TBA: Varsity End of season Banquet ***(Tentatively scheduled date)***