



APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31 Blue Begin Off Season Strength/Speed Program during 1st period (OSSP)	1 Silver	2 Blue Wt Room 1st Per OSSSP # 2	3 Silver	4 Blue Wt Room 1st Per OSSSP # 3	5
6	7 Silver Wt Room 230-315 OSSSP #4 BV / BJV / BF Spring Practice 7:00-8:30 pm BG / SG	8 Blue 8 - 8:40am Skill Work ALL LEVELS Wt Room 1st Per OSSSP #5	9 Silver Wt Room 4-445 OSSSP #6	10 Blue 8 - 8:40am Skill Work ALL LEVELS Wt Room 1st Per OSSSP #7	11 Silver	12
13	14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19
20	21 Silver Wt Room 230-315 OSSSP #8 NO SCHOOL BV / BJV / BF Spring Practice 7:00-8:30 pm BG / SG	22 Blue 8 - 8:40am Skill Work ALL LEVELS Wt Room 1st Per OSSSP #9	23 Silver Wt Room 4-445 OSSSP #10	24 Blue 8 - 8:40am Skill Work ALL LEVELS Wt Room 1st Per OSSSP #11	25 Silver	26
27	28 Blue 8 - 8:40am Skill Work ALL LEVELS Wt Room 1st Per OSSSP #12 BV / BJV / BF Spring Practice 7:00-8:30 pm BG / SG	29 Silver Wt Room 4-445 OSSSP #13	30 Blue 8 - 8:40am Skill Work ALL LEVELS Wt Room 1st Per OSSSP #14			

^{*}Football/Basketball Players in BBALL WTS - Attend 8:00 am Skill Work/Basketball Wts on BLUE DAYS (NO 0 PERIOD FOOTBALL WTS)



PRACTICE GAMES WORK EVENTS

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Silver	2 Blue	3
				Wt Room 4-445		
				#OSSSP 15		
4	5 Silver	6 Blue	7 Silver	8 Blue	9 Silver	10
	Wt Room 230-315	8 - 8:40am Skill Work	Wt Room 4-445	8 - 8:40am Skill Work		
	OSSSP #16	ALL LEVELS	OSSSP #18	ALL LEVELS		
	BV / BJV / BF	OSSSP #17		OSSSP #19		
	Spring Practice 7:00-8:30 pm SG/BG	USSSP #17		USSSP #19		
	Senior Info Night BG					
11	12 Blue	13 Silver	14 Blue	15 Silver	16 Blue	17
	8 - 8:40am Skill Work	Wt Room 4-445	8 - 8:40am Skill Work	Wt Room 4-445		
	ALL LEVELS	OSSSP #21	ALL LEVELS	OSSSP #23		
	OSSSP #20		00000 #00			
	BV / BJV / BF		OSSSP #22			
	Spring Practice 7:00-8:30 pm BG/SG					
18	19 Silver	20 Blue	21 Silver	22 Blue	23 Silver	24
	Wt Room 230-315	8 - 8:40am Skill Work	Wt Room 4-445	8 - 8:40am Skill Work	NEW BG	NEW BG SCOREBOARD
	OSSSP #24	ALL LEVELS	OSSSP # 26	ALL LEVELS	SCOREBOARD SCORE	INSTALLATION
	BV / BJV / BF Spring Practice	OSSSP #25		OSSSP #27	<u>INSTALLATION</u>	
	7:00-8:30 pm	00001 #20		00001 #21		
	GRANITE OAKS					
25	Senior Awards Night 6-9 BG 26	27 Dlug	28 Silver	29 Blue	20 Cilvor	31
25	20	27 Blue NEW BG	ZO SIIVEI	29 DIUE	30 Silver	31
NEW BG	NEW BG SCOREBOARD	SCOREBOARD	NEW BG	8 - 8:40am Skill Work		
SCOREBOARD INSTALLATION	INSTALLATION	INSTALLATION	SCOREBOARD INSTALLATION	ALL LEVELS		
INSTALLATION	Spring Practice	8 - 8:40am Skill Work	INSTALLATION	OSSSP #30		
	7-830 SG	ALL LEVELS SG	Wt Room 4-445			
		OSSSP #28	OSSSP #29			

^{*}Football/Basketball Players in BBALL WTS - Attend 8:00 am Skill Work/Basketball Wts on BLUE DAYS (NO 0 PERIOD FOOTBALL WTS)



PRACTICE GAMES WORK EVENTS

JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Blue 8 - 8:40am Skill Work ALL LEVELS	3 Silver NO WEIGHTS	4 Blue NO MORNING SKILL WORK. BV / BJV Practice 4:00-5:30 pm BG / SG	5 Silver RHS Graduation NO WEIGHTS	6 BV/JV Summer Practice 4-5:30 BG / SG	7 Varsity & JV Team @ Rocklin Summer Jam 9:00-6:00 BG / SG / GO (Var/JV, Players Working)
8 Varsity & JV Team @ Rocklin Summer Jam 9:00-4:00 BG / SG / GO (Var/JV, Players Working)	9 GVB Camp 8:00-12:00	10 GVB Camp 8:00-12:00 BV / BJV / BF Practice 12:30-2:30* BG / SG / Wt Rm	11 GVB Camp 8:00-12:00 BV / BJV / BF Practice 12:30-2:30* BG / SG / Wt Rm	12 GVB Camp 8:00-12:00 BV / BJV / BF Practice 12:30-2:30* BG / SG / Wt Rm	13 GVB Camp 8:00-12:00 Varsity @ Antelope Tourney	14 Varsity @ Antelope Tournament JV @ Antelope Tourney Frosh @ Mesa Verde Tourney
15 FATHER'S DAY	16 BBK Summer Camp Grades K-Incoming 9th Camp 9:00-12:00 BV / BJV Players Working	17 BBK Summer Camp Grades K-Incoming 9th Camp 9:00-12:00 BV / BJV Players Working BV / BJV Practice 1:00-2:30* BG / SG / Wt Rm	18 BBK Summer Camp Grades K-Incoming 9th Camp 9:00-12:00 BV / BJV Players Working BV / BJV Practice 1:00-2:30* BG / SG / Wt Rm	19 BBK Summer Camp Grades K-Incoming 9th Camp 9:00-12:00 BV / BJV Players Working BV / BJV Practice 1:00-2:30* BG / SG / Wt Rm	20 Varsity @ Franklin Summer Jam Rocklin JV Tournament 2:00-9:00 BG / SG / GO (Varsity & Frosh Players Work)	21 Varsity @ Franklin Summer Jam Rocklin JV Tournament 9:00-3:00 BG / SG / GO Rocklin Frosh Tournament 3:00-9:00 BG / SG / GO (Frosh & JV Players Work)
Varsity @ Franklin Summer Jam Rocklin Frosh Tournament 9:00-3:00 BG / SG / GO (JV Players Work)	23 GBK Camp 9:00-12:00	24 GBK Camp 9:00-12:00 BV / BJV / BF Practice 12:30-2:30* BG / SG / Wt Rm	25 GBK Camp 9:00-12:00 BV / BJV / BF Practice 12:30-2:30* BG / SG / Wt Rm	26 GBK Camp 9:00-12:00 BV / BJV / BF Sports Safari Competition / BBQ 12:30-2:30 BG / SG / Pool	27 Varsity @ Tahoe Tourney JV & Frosh @ Folsom Tourney	28 Varsity @ Tahoe Tourney JV & Frosh @ Folsom Tourney
29 Varsity@Tahoe Tourney						

^{*}ALL Football/Basketball Players 9th-12th: Attend practice for the basketball skill portion (12:30 - 1:30) only (NO WT ROOM)

**Send an email to jharter@rocklinusd.org if you have not been added to the Class of 2029 email distribution list.