

RHMS Lacrosse Schedule Spring 2025 (Subject to change)

Important Contact Information

- Coach: Eric Smith 919-972-1991, esmith@lenovo.com
- Coach: Alain Aguilar, 919-428-3671, alaguila@email.unc.edu
- Coach: Dawson Bergen, 919-408-1489, dawsonbergen8@gmail.com
- Coach: Pat Clarke, 919-740-4816, pat@96studios.com
- Athletic Director: TBD

When do Fall Sports Game Start? Weekly Rhythm?

When do they end?

If we did a warbirds rec league in Spring who would coach - Mark Whip? Other asst? Jared Hal? Ryan Reed? Greg Manone?

How will I do a rec league for the new players this Spring - to separate the Competitive teams w/ the newer players.

Will I have gear for everyone???????

January

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------|---------|----------------------------|----------|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 First Day of School | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 Holiday - No School | 21 | 22 Parent Mtg 5:30 Zoom | 23 | 24 | 25 |

| | | | | | | |
|----|--|----------------------------|---------------------------------|---------------------------------|--|------------|
| 26 | 27 Stick Distribution Testing 4:00-5:30 | 28 Testing 4:00-5:30 | 29 Stick Skills 4:00-5:30 | 30 Conditioning 4:00-5:30 | 31 Stick Skills Helmet & Gloves Distribution 4:00-5:30 | 1 February |
|----|--|----------------------------|---------------------------------|---------------------------------|--|------------|

February

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|--|--|--|--|------------------|
| 2 | 3 Stick Skills 4:00-5:30 | 4 Conditioning 4:00-5:30 | 5 Stick Skills 4:00-5:30 | 6 Conditioning 4:00-5:30 BB ends | 7 Practice Canceled Rest Up. | 8 |
| 9 | 10 Stick Skills 4:00-5:30 | 11 Outside or Inside? Conditioning or Chalk Talk w/ Pad Dist 4:00-5:30 | 12 No Practice | 13 Gear Distribution and Conditioning 4:00-5:30 | 14 Early Release - No Practice | 15 AA in VaB. |
| 16 AA in VaB | 17 Teacher Work Day Athletic Dead Period | 18 Athletic Dead Period | 19 Athletic Dead Period | 20 Athletic Dead Period | 21 Athletic Dead Period | 22 |
| 23 | 24 First Day of Practice 4:00-5:30 Install 34/43 Clear JHS First Game | 25 Practice 4:00-5:30 | 26 Practice 4:00-5:30 Install Open D | 27 Practice 4:00-5:30 | 28 Blue/White Scrimmage 4:00-5:30 | 1 March |

March

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|--|--|--|
| 2 | 3 Practice 4:00-5:30 Install Fast Break | 4 Practice Canceled by the district - poor air quality. | 5 Practice Canceled by Coach due to rain affecting field safety. | 6 Practice 4:00-5:30 NJHS 5:30 - Release by 5. Install Base D Crease and Coma | 7 Practice 4:00-5:30 Team Pictures 4p.m. | 8 Scrim @ Orange MS 8-12pm Arrive there at 7:15 Directions Scrim Details (click) |
| 9 | 10 Ramadan Start Practice Canceled by AD due to smoky environment. | 11 Practice 4:00-5:30 GB's, Trans O, D. | 12 Practice 4:00-5:30 GB's, Trans O, D. | 13 Practice 4:00-5:30 GB's, Trans O, D. | 14 Blue/White Scrim? 4:00-5:30 | 15 Jason's Deli Fundraiser 11 a.m. - 9 p.m. |
| 16 | 17 Interession BB/SB/GSOC Away G Home, R Away - G travels to RH. Home (vs Gith?) Vs ROXBORO 4:45 5th Quarter | 18 Interession Practice 4-5:30 | 19 Interession Attack Only Practice 4-5:30 | 20 Interession BB/SB/GSOC Away G Home, R Away, G travels to RH Home (vs Gith?) Vs ORANGE MS 4:45 5th Quarter | 21 Interession "6th Grade Game" Roster Practice. 4-5:30 No Alain | 22 6th Grade Game @ Norris Park 1 p.m. vs Chatham 12U |

| | | | | | | |
|----|--|---|--|---|---|----|
| 23 | 24 Intersession BB/SB/GSOC Home PC 4:30 @ Roxboro 4:45 p.m. | 25 Intersession Practice 4-5:30 O: Push or possess decisions D: controlled approach | 26 Intersession Defense Only Practice 4-5:30 | 27 Intersession BB/SB/GSOC Home R Home, G Away - R travels to G Away (@ Gith?) Optional Px 2:30-4. | 28 Intersession @ Githens 4:45 | 29 |
| 30 | 31 Intersession Trad Spring Break Practice 4-5:30 PC 4:20 | 1 April Intersession Trad Spring Break Blue/White Scrim? 4-5:30 | 2 Intersession Trad Spring Break No practice | 3 Intersession Trad Spring Break No practice | 4 Intersession Trad Spring Break No practice | 5 |

April

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---|--|---|--|--|--|
| 6 Topper Tryout | 7 Vs Alamance Rams 5 p.m. - Canceled - weather. | 8 Practice 4-5:30 | 9 Track Home Middies Only Practice 4-5:30 p.m. | 10 Ramadan End BB/SB/GSOC Away G Home, RH Away Home (vs Gith?) Vs Chatham Cardinal 7th 8th; 6pm | 11 Practice/Scrimmage Canceled - weather. | 12 UNC vs Duke @ Duke. Free Player Tickets. 4 p.m.. |
| 13 Topper Tryout (2nd chance) | 14 Practice 4-5:30 - Full Field BB/SB/GSOC Away | 15 @ ALAMANCE RAMS 5 p.m. | 16 Track Away Attack Only Practice Practice 4-5:30 No PC GSOC home make up game | 17 BB/SB/GSOC Away Vs STANBACK 4:45 5th Quarter No PC | 18 Holiday - No School No PC | 19 |
| 20 | 21 Holiday - No School | 22 BB/SB/GSOC Home R home, Gith away Away (@ Gith?) @ Orange MS | 23 Track Away Defense Only Practice 4-5:30 | 24 BB/SB/GSOC Away Vs VOYAGER 4:45 + 5th Quarter | 25 BB/SB/GSOC Away - Make Up Vs Githens (White Team) 4:45 | 26 |

| | | | | | | |
|-----------|--|---|--|--|--|--|
| | | 4:45 - Canceled - refs. Practice @ Jordan High School | | | | |
| 27 | 28 BB/SB/GSOC Home R home, G away Away (@ Gith?) @ Voyager Academy (White) 5:00 Christina meal help | 29 BB/SB/GSOC Away - Make Up Practice 4-5:30 | 30 Track Away Middies Only Practice 4-5:30 | 1 May BB/SB/GSOC Away G home, R away Practice 4-5:30 | 2 Practice 4-5:30 Home vs GITHENS 8th Grade Nite 4:20 4:45 | 3 6th Grade Game @ Chatham 12U (7's or 8's) 10 a.m. |

May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|--|--|---|---|--|
| 4 | 5 BB/SB/GSOC Home R home, Gith Away Away (@ Gith?) Practice at Old Chapel Hill Grass Field Directions (click) Bus departs 3:45 4-5:30. Pick up at Old Chapel Hill Grass Field, no return bus. | 6 GSOC Home - Make Up @ Duke School 4:30 | 7 Track Away Attack Only Practice 4-5:30 | 8 BB/SB/GSOC Home @ Stanback 4:45 | 9 Early Release - No Sports JHS Bracket Date | 10 Durham MS RHMS Blue RHMS White Voyager Githens |

| | | | | | | |
|--------------------------------|---------------------------|---------------------------|--|---------------------------|---------------------------|----|
| 8 | 9 | 10 | 11 Toppers play league | 12 | 13 | 14 |
| 15 Toppers club season over | 16 | 17 Toppers Summer Camp | 18 Toppers summer Camp Toppers play league | 19 Toppers Summer Camp | 20 Toppers Summer Camp | 21 |
| 22 3-pt club season over | 23 Team 91 Free Clinic | 24 | 25 Toppers play league | 26 | 27 | 28 |
| 29 | 30 | 1 July | 2 Toppers Play league | 3 | 4 | 5 |

July

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|-------------------------|--|----------|--------|----------|
| 6 | 7 | 8 Team 91 tryout | 9 Team 91 tryout Toppers Play league | 10 | 11 | 12 |

| | | | | | | |
|----|-------------------------|----|----|----|----------|----------------------|
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 FDOC DPS Yr Round | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 August | 2 7v7 91 Carolina |

August

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------|---------|-----------------------|----------|--------|--|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 7v7 91 Carolina |
| 10 | 11 | 12 | 13 Early Release | 14 | 15 | 16 7v7 91 Carolina |
| 17 | 18 | 19 | 20 Teacher Workday | 21 | 22 | 23 i-9 @ Voyager 7v7 91 Carolina |
| 24 | 25 FDOC DPS Traditional | 26 | 27 | 28 | 29 | 30 |

September

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|--|--|--|--|--|----------------------------------|
| 31 | 1 Holiday SS: 7:42pm | 2 | 3 Mavericks S&D FB @ Carrington Showcase of Clubs | 4 | 5 | 6 i-9 @ Voyager PLL Youth |
| 7 Mavericks S&D | 8 7v7 919 BSOC vs Creative SS: 7:32 p.m. | 9 | 10 Mavericks S&D FB vs Brodgen | 11 | 12 Skills (end zone?) | 13 i-9 @ Voyager PLL Youth |
| 14 Mavericks S&D | 15 7v7 919 BSOC vs Brogden SS: 7:22 p.m. | 16 Topper 3-5th | 17 Mavericks S&D FB vs Lucas | 18 BSOC vs Lucas | 19 Skills (end zone?) | 20 i-9 @ Voyager PLL Youth |
| 21 Mavericks S&D Topper 3-5th | 22 Teacher Workday 7v7 919 SS: 7:11 p.m. | 23 Intercession Toppers MS Play Topper 3-5th BSOC @ Lakewood | 24 Intercession Mavericks S&D FB @ Githens Practice? | 25 Intercession BSOC @ DSA | 26 Intercession Skills (end zone?) | 27 i-9 @ Voyager PLL Youth |
| 28 Mavericks S&D Topper 3-5th | 29 Intercession 7v7 919 BSOC @ Carrington Practice? SS: 7:01 p.m. | 30 Intercession Toppers MS Play Topper 3-5th XC vs Brodgen/Lakewood | 1 Intercession FB vs Shepard | 2 Intercession BSOC vs Shepard | 3 Intercession Skills (end zone?) | 4 i-9 @ Voyager PLL Youth |

October

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|------------------------------|----------------------------------|
| 5 Topper 3-5th | 6 Intercession 7v7 919 BSOC vs Neal SS: 6:53 p.m. | 7 Intercession Toppers MS Play Topper 3-5th FB @ Neal Practice? | 8 Intercession | 9 Intercession BSOC @ Lowes Grove | 10 Teacher Workday | 11 i-9 @ Voyager PLL Youth |
| 12 Topper Bermuda Run Topper 3-5th | 13 BSOC vs Githens SS: 6:41 p.m. | 14 Toppers MS Play Topper 3-5th | 15 FB @ Lowes Grove Practice? | 16 BSOC Make Up Date | 17 Skills (end zone?) | 18 |
| 19 Topper 3-5th | 20 BSOC Div Champ SS: 6:32 p.m. | 21 Toppers MS Play | 22 FB Champ 5 p.m DCS Practice? | 23 | 24 Leave for Charlotte | 25 Topper Club Charlotte |
| 26 Topper Club Charlotte | 27 SS: 6:24 p.m. | 28 BSOC Champ DCS | 29 Practice? End of Fall Celebration. Short sided Alumni + kids? Kids v Parents? | 30 | 31 Trick or Treat | 1 Daylight Savings |

November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

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|-------------------------|--|----------------------|--------------------|---------------|---------------|---------------------------|
| 2 | 3 SS: 5:17 p.m. | 4 Teacher Workday | 5 | 6 | 7 | 8 Toppers @ Raleigh |
| 9 Topper@ Raleigh | 10 SS: 5:11 p.m. | 11 Holiday | 12 | 13 | 14 | 15 |
| 16 | 17 SS: 5:06 p.m. | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 Teacher Workday SS: 5:03 p.m. | 25 Annual Leave | 26 Annual Leave | 27 Holiday | 28 Holiday | 29 |
| 30 | 1 SS: 5:01 p.m. | 2 | 3 | 4 | 5 | 6 |

December

| | | | | | | |
|--------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|

| | | | | | | |
|----|---|--------------------|--------------------|--------------------|----------------------|----|
| 7 | 8 SS: 5:01 p.m. | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 Intercession SS: 5:02 p.m. | 16 Intercession | 17 Intercession | 18 Intercession | 19 Intercession | 20 |
| 21 | 22 Annual Leave SS: 5:06 p.m. | 23 Annual Leave | 24 Holiday | 25 Holiday | 26 Holiday | 27 |
| 28 | 29 Annual Leave SS: 5:10 p.m. | 30 Annual Leave | 31 Annual Leave | 1 Holiday | 2 Teacher Workday | 3 |

[Summer Lacrosse Opportunities](#)

Basketball:

First Day of Tryouts Nov 10

last date Jan 29. Championship Feb 11 (Boys), Feb 12 (Girls)

Away Game Notes

| | @ Duke School (3.5 miles, 10' away) | @ Roxboro (40 miles, 50' away) | @ Orange (18 miles, 25' away) | @ Gravelly Hill (20 miles, 30' away) | @ Githens (5 miles, 10 min away) | @ Mebane Community Arts Center . Behind Building on the football field between the baseball fields. (27 miles, 30 min). | @ Voyager Academy (10 miles, 18' away) | @ Stanback MS (13 miles, 20 minutes) |
|-------------------|---|--|---|--|--|---|--|--|
| Dismissal time | 3:00 | 2:15 | 3:00 | 2:55 | 3:15 | 3:20 | 3:20 | 3:20 |
| Pregame meal time | 3:05 | 2:20 | 3:05 | 3:00 | 3:20 | 3:30 | 3:30 | 3:30 |
| Departure time | 3:35 | 2:50 | 3:35 | 3:30 | 3:50 | 3:55 | 3:45 | 3:45 |
| Arrival time | 3:50 | 3:50 | 4:05 | 4:05 | 4:05 | 4:30 | 4:05 | 4:05 |
| Game time | 4:30 | 4:30 | 4:45 | 4:45 | 4:45 | 5:00 | 4:45 | 4:45 |

6v6 locations

- [Briar Chapel, Pittsboro](#) (31' from RHMS to Briar Chapel, Pittsboro)
- [Norris Park, Apex](#) (35' from RHMS to Norris Park, Apex)
 - 910 South Hughes St, Apex
- [Graham Middle School](#) (32 miles, 37' away)

The park at briar chapel - if main parking lot another field - andrews store road - next L hand turn. 15-501 - up andrew store road - Parker Hernan is the back up parking, Woodland grove lane (instead of R, go L), if coming from 15-501. If it's crowded - continue up andrews store road going east - Parker Hernan has more parking.

Chatham Wings/Flight. Check next week.

6th grade defenders w/ poles.

Summer Local League.

Beginner Camp - July 4 day.

Check back in a week.

5th, 6th grade team.

7th and 8th grade team.

Scrimmage game set up - summer?