



ROLESVILLE RAMS FOOTBALL PROGRAM

Thank you for showing interest in **YOUR program! We are excited about the new season and direction of Rolesville Football and want you, players, managers and parents to be part of the excitement of our growing team.**

To prepare for success in the 2019 season football players need to continue to stress fitness, strength and skill building. Offseason lifting is a vital part of this and players that routinely participate in the offseason workouts are often the players that excel on Thursday and Friday nights. To participate in these workouts, each player needs to have a current physical on file with the High School.

Physical:

<https://tinyurl.com/y8das5gh> The physical is on pages 4 and 5 in the form. Orthopaedic Specialists of North Carolina in Wake Forest and Knightdale are pleased to offer \$10 Sports Physicals at our Urgent Care locations, 9am - 9pm every day. <https://orthonc.com/services/sports-physicals>

Important Dates:

Our calendar can be found here <https://tinyurl.com/ydeh75gp>

Workouts for players with current physicals approved by our athletic trainer Coach Watkins (rwatkins5@wcpss@.net) begin January 28th. Red, Black, White or Silver (grey) Shorts and t-shirts, sneakers and cleats (if possible) are required. Each workout is 2:40-4:40 PM M-Th.

January - Workouts 2:40-4:40 PM 28-31

February - Workouts 2:40-4:40 PM 4-7, 11-14, 18-21, 25-28

March - Workouts 2:40-4:40 PM 4-7, 11-14, 18-21, 25-28

**April - Workouts 2:40-4:40 PM 8-11, 15, 17, 22, 24, 29
Skill Development 2:40-4:40 PM 16, 18, 23, 25, 30**

**May - Workouts 2:40-4:40 PM 1,
Skill Development 2:40-4:40 PM 2, 6-9
SPRING BALL 13-16, 20-23**