

WMCAA 2005 Rocket Football Practice Schedule

Last Updated: 9/12/2005

*** 56er Game dates subject to change (most 56er leagues are not scheduled yet therefore we can't get opponents).

Week	Day	Date	Time	Event	Details
1	Mon	8/29/2005	5:30 - 8:30 pm	Conditioning	First day of practice for 56ers
	Tue	8/30/2005	5:30 - 8:30 pm	Conditioning	Helmets and Mouthpieces required
	Wed	8/31/2005	No practice		
	Thu	9/1/2005	5:30 - 8:30 pm	Conditioning	Helmets and Mouthpieces required
	Fri	9/2/2005	No practice	Labor Day WE	
2	Mon	9/5/2005	No practice	Labor Day WE	
	Tue	9/6/2005	5:30 - 8:15 pm	Conditioning	Full pads required
	Wed	9/7/2005	No practice		
	Thu	9/8/2005	5:30 - 8:15 pm	Full Contact	Full pads required/Start Hitting
	Fri	9/9/2005	5:30 - 8:15 pm	Full Contact	Full pads required/Full Contact
3	Mon	9/12/2005	5:30 - 8:00 pm	Full Contact	
	Tue	9/13/2005	No practice	78er Game #1	See Game Schedule
	Wed	9/14/2005	No practice		
	Thu	9/15/2005	5:30 - 8:00 pm	Full Contact	
	Fri	9/16/2005	5:30 - 8:00 pm	Full Contact	
	SAT	9/17/2005	11:00 - 2:00 pm	56er GAME #1	See Game Schedule
4	Mon	9/19/2005	5:30 - 7:45 pm	56er GAME #1	See Game Schedule
	Tue	9/20/2005	No practice	78er Game #2	See Game Schedule
	Wed	9/21/2005	No practice		
	Thu	9/22/2005	5:30 - 7:45 pm		
	Fri	9/23/2005	5:30 - 7:45 pm		
	SAT	9/24/2005		56er GAME #2 78er Game #3	See Game Schedule
5	Mon	9/26/2005	5:30 - 7:30 pm	56er GAME #2	
	Tue	9/27/2005	No practice	78er Game #4	See Game Schedule
	Wed	9/28/2005	No practice		
	Thu	9/29/2005	5:30 - 7:30 pm		
	Fri	9/30/2005	5:30 - 7:30 pm		
	SAT	10/1/2005		56er GAME #3	See Game Schedule
6	Mon	10/3/2005	5:30 - 7:30 pm		
	Tue	10/4/2005	No practice	78er Game #5	See Game Schedule
	Wed	10/5/2005	No practice		
	Thu	10/6/2005	5:30 - 7:30 pm		
	Fri	10/7/2005	5:30 - 7:30 pm		
	SAT	10/8/2005		NO GAME	
7	Mon	10/10/2005	5:30 - 7:30 pm		
	Tue	10/11/2005	Homecoming	56er Game #4 78er Game #6	See Game Schedule
	Wed	10/12/2005	No practice		
	Thu	10/13/2005	5:30 - 7:30 pm		
	Fri	10/14/2005	5:30 - 7:30 pm		
	SAT	10/15/2005		56er GAME #5	See Game Schedule
8	Mon	10/17/2005	5:30 - 7:30 pm		
	Tue	10/18/2005	No practice	78er Game #7	See Game Schedule
	Wed	10/19/2005	No practice		
	Thu	10/20/2005	5:30 - 7:30 pm		
	Fri	10/21/2005	5:30 - 7:30 pm		
	SAT	10/22/2005		56er GAME #6	See Game Schedule
9	Mon	10/24/2005	5:30 - 7:30 pm	56er GAME #6	See Game Schedule
	Tue	10/25/2005		78er Game #8	See Game Schedule

Note: Teams will practice in rain conditions (games are still played in rain); however, practice will be canceled if there is lightning or severe storms. Please contact your coach or Football coordinator for questions.
WMCAA Football Coordinator: Bill Reits: Home: 616-530-3824 / Cell: 616-485-2472

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WMCAA Football Contacts:

	Name	Home Phone:	E-Mail:
WMCAA Office:		616-531-1040	http://www.wmcaa.org
WMCAA Football Coordinator:			William.Reits@Siemens.com Bill.Reits@Comcast.net
	Bill Reits	616-530-3824	
WMCAA Administration:			sooperdeb@sbcglobal.net
	Deb Graham	616-878-5981	
56er WMCAA Patriots RED:			William.Reits@Siemens.com Bill.Reits@Comcast.net C-Bailey@peoplepc.com skdy@drenthe.net
	Bill Reits	616-530-3824	
	Chip Bailey	616-261-1994	
	Scott DeYoung	822-1191	
56er WMCAA Patriots WHITE:			TACKT6@earthlink.net rooptroop@comcast.net
	Tom Fountain	616-538-6009	
	Ron Roop	616-248-9955	
78er WMCAA Patriots:			Dean.d.petrick@JCI.com No E-mail access RBryanMelton@MSN.com
	Dean Petrick	269-751-4052	
	Dave Gunnett	616-531-6609	
	Bryan Melton	269-751-4900	
	Josh Petrick	269 751-4052	
WMCAA Board Members:			See Web site: http://wmcaa.org/boardofdirectors.htm
WMCAA Football Site:			(including records, photos, RULES and other) See Web Site: http://wmcaa.org/football/homepage.htm

