

Everyone must have a Sport Physical before coming to the any Spring or Summer Workouts and Skills Camp

RMMS Training Camp June

Coach Hart (HC/DC)
Mjhart@ncpschools.net
 252-467-8590

Coach K (Def Coach)

2025 Football Spring, Summer Workouts (Bring A UPDATED SPORT PHYSICAL TO PARTICIPANT Skills Camp Workouts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Off	3 Off	4 Off	5 Off	6 Off	7	8
9 Off	12 Off	11 Off	12 Off	13 Off	14	15
16 Off	17 4:30pm-6:15pm Workouts	18 4:30pm-6:15pm Workouts	19 4:30pm-6:15pm Workouts	20	21	22
23 4:15pm-6:15pm Workouts	24 4:15pm-6:15pm Workouts	25 4:15pm-6:15pm Workouts	26 4:15pm-6:15pm Workouts	27	28	29
30 Off Holiday						

Coaches Clinic for all Coaches In JULY 21st-23rd (Pay attention to the schedule with Workouts and Mandatory Practice)

RMMS Skills Camp July

Coach M.Hart
Mjhart@ncpschools.net
 252-467-8590

Coach K

YOU MUST HAVE A UPDATED SPORT PHYSICAL TO PARTICIPANT

54'''

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Off Holiday	1 Off, Holiday	2 Off Holiday	3 Off Holiday	4 Off Holiday	5	6
7 4:15pm-6:15pm Workouts	8 Workout Cancel	9 4:15pm-6:15pm Workouts	10 4:15pm-6:15pm Workouts	11	12	13
14 4:15pm-6:15pm Workouts	15 4:15pm-6:15pm Workouts	16 4:15pm-6:15pm Workouts	17 4:15pm-5:45pm Workouts (Coach Hart out of town)	18	19	20
21 Off	22 Off	23 Off	24 Off	25 Off	26	27
28 4:15pm-6:15pm Workouts	29 4:15pm-6:15pm Workouts	30 4:15pm-6:15pm Workouts	31 4:15pm-6:15pm Workouts			

There will be a 10 days helmet and shoulders pad before any contact, COPY PLAYBOOK (We will have CUTS on Thursday and Fridays)

RMMS Skills Camp August

Coach M.Hart
Mjhart@ncpschools.net
 252-467-8590
 Coach K

You MUST have a sports physical on file, updated or renewal to participant in any contact

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 4:15pm-6:15pm Workouts	5 4:15pm-6:15pm Workouts	6 4:15pm-6:15pm Workouts	7 4:15pm-6:15pm Workouts	8 4:15pm-5:50pm Workouts	9	10
11 4:15pm-6:15pm Workouts/Football Practice	12 4:15pm-6:15pm Football Practice/ Tryouts Starts	13 4:15pm-6:15pm Football Practice	14 4:15pm-6:15pm Football Practice	15 4:15pm-5:50pm Football Practice Tryouts & Cuts	16 Football Practice for this week Aug 11-15	17
18 4:15pm-6:15pm Football Practice	19 4:15pm-6:15pm Football Practice	20 4:15pm-6:15pm Football Practice	21 4:15pm-6:15pm Football Practice Tryouts, Cuts	22 4:15pm-5:50pm Football Practice Tryout, Cuts	23 Fitted for helmets on Aug 15 & 22	24
25 4:15pm-6:15pm Football Practice	26 4:15pm-6:15pm Football Practice	27 4:15pm-6:15pm Football Practice	28 4:15pm-6:15pm Football Practice	29 4:15pm-5:50pm Football Practice	30 Roster made week	31

--	--	--	--	--	--	--

-All participation needs to be on time so we get workouts done on time. If you come late it will push back our workout time. Bring with you heart, work ethics, toughness and passion. I will go over our playbook that we will be going over each Monday starting June, July, and August of 2025-2026 football season.

- Once the team is made the schedule will be the same Mon-Fri in Aug through Oct. during school unless the Head Coach Hart cancels any practices. You will need a doctor's note for any doctor appointments.

-no missing practice for any reason unless truly sick, death in the family or school tutoring.

-You will need to bring with you a water bottle, shoes for the weightroom and football. There is NO exception when it comes to our football workouts. All players that are interested this season playing football PLEASE eat an hour or something small before coming to workouts or practice.

-AT THE END OF THE EACH WEEK ON A THURSDAY OR FRIDAY WE WILL HAVE A County Fair or OBSTACLE COURSE BOOTCAMP WORKOUT. TO WORK ON TEAM BUILDING EXERCISES and to build a Brotherhood.

- Bring tennis shoes and football cleats to every workout or practice everyday. DO NOT WEAR ANY CROCS OR SLIDES DUE TO SAFETY. Please wear comfortable clothes like shorts, cotton t-shirt, or some type of joggers due to the weather.

-I will have a sign in sheet everyday so I will know who is coming to workouts or practice.

-IM LOOKING TO HIRE 1 to 2 COACHES TO HELP OUT ON CERTAIN POSITION TO HELP OUT As Volunteers or Negotiable

-PLEASE BE ON TIME TO EVERY CHECK-INS DUE TO A LOT OF PLAYERS ARE COMING OUT. WE WILL SCRATCH AND FLEX TO GET THE BONES WARM UP

-YOU HAVE TO GET 10 DAY IN, IN ORDER TO HAVE AND CONTACT WITH FULL PADS.

-ON AUGUST 12 through 15 WILL BE THE FIRST TRYOUTS AND CUTS (BLUE AND WHITE SCRIMMAGE) THE LAST DAY FOR TRYOUTS WILL BE ON AUGUST 21 & 22 FOR THE LAST TRYOUTS AND CUTS. TO GET READY FOR THE TEAM THAT MAKES THE SCHEDULE TEAM.

Unless you are new to the school, out of town or didn't know (August 21, 22, 28 or 29, 2025 will be the cut off for any new students that want to try out for football. Because I need to get my Roster together).

-For June, July workouts and When school starts on Aug 11th until the season is over in October of 2025. Practice will begin from 4:15 PM to 6:20PM unless we stay over for a couple of mins. to go over plays or to work on some assignments for that week.

-Our coaching staff teaches at the high school level to be ready for any responsibilities that come with it.

If you have any questions you can contact me at these numbers and email.

-I will go over any information that you need to know about, I will tell you any information that you need to know. Please be aware that you need to supply your own water to practice and when the season starts I will supply the water when the season starts. Read and go by the schedule unless I change it or cancel. I will inform you in the final form or in person. Come ready for workouts bc I will be looking at everything and be consistent as possible if you want to try out for the team.

-Coach Hart (252) 467-8590, Email: Mjhart@ncpschools.net

Head Coach/Defensive Coordinator/Offensive Coach

-Coach AC (252)916-5237, Email: AustinCurtis2127@gmail.com

Assistance Coach/ Offensive Coordinator/ Offensive Line Coach

-Coach K (252)886-0571, Email: Godwillpower@gmail.com

Defense Coach/ Special Team Coach/ Defensive Line Coach