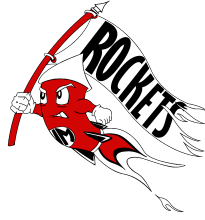


## **JMFB Newsletter: March 2024**



### **JM Football Families,**

I hope all is well with you! Here are some program updates and things to plan for! Throughout the newsletter you will find links to helpful documents, registration forms, and more!

### **Spring SAQ**

We will offer Spring SAQ sessions for any athletes who did not register for a spring sport on Tuesdays and Thursdays before school (6:30-7:15am) and after school (3:30-4:15pm) starting on 3/19. These sessions will include speed training (acceleration and max velocity) as well as strength/power development through a multitude of lifts and jumps. Programming has been designed with in-season considerations, we acknowledge that many of these athletes are involved in AAU/Club organizations. Athletes do not need to register, they can attend as much or as little as their schedule allows, I will track attendance and communicate metrics throughout the spring off-season. Athletes can email me directly with any questions, my email is [kyriggott@rochesterschools.org](mailto:kyriggott@rochesterschools.org)

### **Recruiting Central**

The recruiting trail has been hot at JM this winter! We have hosted several Division I, II, and III schools this year and we look forward to many more coming around this spring. For the athletes that have an interest in competing in college while they earn a degree, it's important to be educated on the process as well as putting themselves in positions to be recruited. Check out this informational [guide](#) for interested student athletes!

### **April JMFF Meeting**

Our next JMFF meeting will take place at Buffalo Wild Wings, on April 15th at 6:30pm! Come join us as we spend time providing updates on budget, community events, and our annual golf fundraiser. This is an excellent way to get involved with the behind-the-scenes of our program!

### **Summer Schedule**

As we look ahead into the summer, we have planned some tentative dates that I would like to get on your calendars!

### **SAQ STARTS 6/10**

- We will be at Dakota Middle School again this summer for our training. Plan for morning sessions Monday - Thursdays taking place between 7:00am and 12:00pm in unison with other sport camps/sessions.
- *REGISTRATION COMING SOON!*

### SKILLS NIGHTS THURSDAYS IN JUNE (starting 6/13)

- Skills Nights will be at the JM Practice Fields 5:00pm to 7:00pm, these are sessions that help athletes prepare for 7 on 7, Captains Practices, and upcoming Camps.

### PAT LUND 7 on 7 TOURNAMENT

- We will bring a selected group of 15-18 athletes to a tournament in Elgin. This is an all day event, welcome to spectators.
- More information will be released as we get it!

### YOUTH CAMP

- Our Youth Camp will operate with mid morning hours again at the JM Practice fields. We will need 12-15 athletes available to serve as counselors and coaches for the camp!
- Registration is live and will run through the month of May, please look for this registration on our website, social media platforms, and in district flyers this spring!



**JMFB**

**YOUTH CAMP**

 **Monday-Thursday**  
June 24-27

 **10:00am - 11:30am**

 **John Marshall High School**  
1510 14th St NW  
Rochester, MN 55901



**REGISTER NOW**

**LEARN** 

**GROW** 

**COMPETE** 

 [www.johnmarshallrockets.org/football](http://www.johnmarshallrockets.org/football)

**ROCKETS**

 [jmrocketfootball@gmail.com](mailto:jmrocketfootball@gmail.com)

### OTA's

- Our first week of OTA's (7th-12th grade team camp) will take place 7/17-7/19 at JM. Athletes will get equipment this week and begin to learn some of our systems.
- 7/22-7/26, our second week of OTA's, will feature a padded progression and complete with a red vs black scrimmage at the end of the week. This will be a family friendly event!
- *REGISTRATION COMING SOON!*

### TEAM CAMP

- Athletes in grades 10-12 will have the opportunity to travel to team camp at Bemidji State University again this summer, dates are 7/29-7/31, more details to come!

### GOLF FUNDRAISER

- Our Annual Golf Fundraiser at Northern Hills Golf Course on August 2nd!
- Register [HERE](#)

## 2024 JM FOOTBALL GOLF FUNDRAISER

NORTHERN HILLS  
GOLF COURSE



11:00 AM START

**4 PERSON SCRAMBLE  
FRIDAY, AUGUST 2, 2024**

### REGISTRATION:

**GOLF** **\$100.00 / PARTICIPANT**  
INCLUDES CART, DINNER, AND GAMES

**DINNER** **\$25.00**

PLEASE REGISTER USING THE FOLLOWING:

**HTTPS://JM-FOOTBALL-GOLF-  
FUNDRAISER.CHEDDRUP.COM**



## FALL CAMP

- Just like that the season will be here. As we near OTA's you will receive more info about Fall Sport registration and schedules for the start of the season!

**GO ROCKETS!**

## Kyle Riggott

**JM Football:** <https://www.johnmarshallrockets.org/football>

**Twitter:** @JMRocketFB

**Instagram:** @\_jmrocketfb

**4Giving:** <https://www.4giving.com/24A3>