



RANCOCAS VALLEY FOOTBALL

2022 SCHEDULE

#FORKSUP

Feb 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MAR 2022

Apr 2022

S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2	3	4	5
INTRODUCTION TO SCHOOL AND PLAYERS WEEK						
6	7 Strength and Cond. 3:00-4:30 PM	8 Strength and Cond. 3:00-4:30 PM	9	10 Strength and Cond. 3:00-4:30 PM	11	12
13	14 Strength and Cond. 3:00-4:30 PM	15 Strength and Cond. 3:00-4:30 PM	16	17 Strength and Cond. 3:00-4:30 PM	18	19
20	21 Strength and Cond. 3:00-4:30 PM	22 Strength and Cond. 3:00-4:30 PM	23	24 Strength and Cond. 3:00-4:30 PM	25	26
27	28 Strength and Cond. 3:00-4:30 PM	29 Strength and Cond. 3:00-4:30 PM	30	31 Strength and Cond. 3:00-4:30 PM	1	2

Mar 2022

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APR 2022

May 2022

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29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4 Strength and Cond. 3:00-4:30 PM	5 Strength and Cond. 3:00-4:30 PM	6	7 Strength and Cond. 3:00-4:30 PM	8	9
10	11 Strength and Cond. 3:00-4:30 PM	12 Strength and Cond. 3:00-4:30 PM	13	14 Strength and Cond. 3:00-4:30 PM	15 OFF	16
17 Easter Sunday	18 OFF	19 OFF	20 OFF	21 OFF	22 OFF	23
24	25 Strength and Cond. 3:00-4:30 PM	26 Strength and Cond. 3:00-4:30 PM	27	28 Strength and Cond. 3:00-4:30 PM	29	30

Apr 2022

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MAY 2022

Jun 2022

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26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Strength and Cond. 3:00-4:30 PM	3 Strength and Cond. 3:00-4:30 PM	4	5 Strength and Cond. 3:00-4:30 PM	6	7
8 Mother's Day	9 Strength and Cond. 3:00-4:30 PM	10 Strength and Cond. 3:00-4:30 PM	11	12 Strength and Cond. 3:00-4:30 PM	13	14
15	16 Strength and Cond. 3:00-4:30 PM	17 Strength and Cond. 3:00-4:30 PM	18	19 Strength and Cond. 3:00-4:30 PM	20	21
22	23 Strength and Cond. 3:00-4:30 PM	24 Strength and Cond. 3:00-4:30 PM	25	26 Strength and Cond. 3:00-4:30 PM	27	28
29	30 OFF	31 Strength and Cond. 3:00-4:30 PM	1	2	3	4

May 2022

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JUN 2022

Jul 2022

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31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2 Strength and Cond. 3:00-4:30 PM	3	4
5	6 Strength and Cond. 3:00-4:30 PM	7 Strength and Cond. 3:00-4:30 PM	8	9 Strength and Cond. 3:00-4:30 PM	10	11
12	13	14 Mandatory Parent and Player Meeting 7:00 PM	15 GRADUATION	16 Equipment 3:00 PM	17	18
19 Father's Day	20 Mini-Camp Practice 7:30-11:00 AM	21 Mini-Camp Practice 7:30-11:00 AM	22 Mini-Camp Rain Date Practice 7:30-11:00 AM IF MON./TUES. IS CANC.	23 Defense Strength and Cond. 7:30-10:30 AM	24	25 Varsity 7v7 @Rutgers University 8-4 PM
26	27 Offense Strength and Cond. 7:30-10:30 AM	28 Practice 6:30-8:30 AM	29 Varsity 7v7 and O-Line Mt. Laurel Turf Field 5:30-7:30 PM	30 Defense Strength and Cond. 6:30-8:30 AM	1	2

Jun 2022						
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JUL 2022

Aug 2022						
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21	22	23	24	25	26	27
28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4 OFF	5 Practice 7:30-11:00 AM	6 Varsity 7v7 and O-Line Mt. Laurel Turf Field 5:30-7:30 PM	7 Offense Strength and Cond. 7:30-10:30 AM	8	9
10	11 Defense Strength and Cond. 7:30-10:30 AM	12 Practice 7:30-11:00 AM	13 Varsity 7v7 and O-Line Mt. Laurel Turf Field 5:30-7:30 PM	14 Offense Strength and Cond. 7:30-10:30 AM	15	16
17	18 Team Camp @ Haddonfield 8:00 AM - 3:30 PM	19 Team Camp @ Haddonfield 8:00 AM - 3:30 PM	20 Varsity 7v7 and O-Line Mt. Laurel Turf Field 5:30-7:30 PM	21 Offense Strength and Cond. 7:30-10:30 AM	22	23
24	25 Defense Strength and Cond. 7:30-10:30 AM	26 Practice 7:30-11:00 AM	27 Varsity 7v7 and O-Line Mt. Laurel Turf Field 5:30-7:30 PM	28 Offense Strength and Cond. 7:30-10:30 AM	29 Blackout Period - OFF	30 Blackout Period - OFF
31 Blackout Period - OFF	1	2	3	4	5	6

Jul 2022

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AUG 2022

Sep 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Blackout Period - OFF	2 Blackout Period - OFF	3 Blackout Period - OFF	4 Blackout Period - OFF	5 Blackout Period - OFF	6 Blackout Period - OFF
7 Blackout Period - OFF	1 st Day of Camp 8 Practice 7:30-11:30 AM	9 Practice 7:30-11:30 AM	10 Practice 7:30-11:30 AM	11 Practice 7:30-11:30 AM	12 Practice 7:30-11:30 AM	13 Practice 9:00-11:30 AM
14	15 Practice 7:30-11:30 AM	16 Practice 7:30-11:30 AM	17 Practice 7:30-11:30 AM	18 Practice 7:30-11:30 AM	19 SCRIMMAGE @ WASH. TWP 6 PM	20 Practice 9:00-11:30 AM
21	22 Practice 3:30-6:30 PM	23 Practice 3:30-6:30 PM	24 Practice 3:30-6:30 PM	25 SCRIMMAGE VS LENAPE 6 PM	26 Practice 7:30-11:30 AM	27 Practice 9:00-11:30 AM
28	29 Practice 7:30-11:30 AM	30 Practice 7:30-11:30 AM	31 Practice 7:30-11:30 AM	1	2	3

Aug 2022

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SEP 2022

Oct 2022

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30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Home Paterson Eastside 7:00 PM	2 Practice 8:00-10:30 AM	3
4	Labor Day 5 Practice 7:30-10:30 AM	6 Practice 3:00-5:30 PM	7 Practice 3:00-5:30 PM	8 Practice 3:00-5:30 PM	Youth Night* 9 Home Eastern 7:00 PM	10
11	12 Practice 3:00-5:30 PM	13 Practice 3:00-5:30 PM	14 Practice 3:00-5:30 PM	15 Practice 3:00-5:30 PM	16 Away @ Timber Creek 7:00 PM	17
18	19 Practice 3:00-5:30 PM	20 Practice 3:00-5:30 PM	21 Practice 3:00-5:30 PM	22 Practice 3:00-5:30 PM	23 Away @ Burlington Twp 7:00 PM	24
25	26 Practice 3:00-5:30 PM	27 Practice 3:00-5:30 PM	28 Practice 3:00-5:30 PM	29 Practice 3:00-5:30 PM	30 Home Hammonton 7:00 PM	1

Sep 2022

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OCT 2022

Nov 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3 Practice 3:00-5:30 PM	4 Practice 3:00-5:30 PM	5 Practice 3:00-5:30 PM	6 Practice 3:00-5:30 PM	7 Senior Night* Home Delran 7:00 PM	8
9	10 Columbus Day	11 Practice 3:00-5:30 PM	12 Practice 3:00-5:30 PM	13 Practice 3:00-5:30 PM	14 Practice 3:00-5:30 PM	15 Homecoming* Home Northern Burl. 2:00 PM
16	17 Practice 3:00-5:30 PM	18 Practice 3:00-5:30 PM	19 Practice 3:00-5:30 PM	20 Practice 3:00-5:30 PM	21 Away @ Highland 7:00 PM	22
23	24 Practice 3:00-5:30 PM	25 Practice 3:00-5:30 PM	26 Practice 3:00-5:30 PM	27 Practice 3:00-5:30 PM	28 NJSIAA PLAYOFFS	29
30	31 Halloween	1	2	3	4	5

Oct 2022						
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NOV 2022

Dec 2022						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Practice 3:00-5:30 PM	2 Practice 3:00-5:30 PM	3 Practice 3:00-5:30 PM	4 NJSIAA PLAYOFFS	5
6	7 Practice 3:00-5:30 PM	8 Practice 3:00-5:30 PM	9 Practice 3:00-5:30 PM	10 Practice 3:00-5:30 PM	11 NJSIAA PLAYOFFS	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30	1	2	3

