

Rantoul Football Handout - Summer 2022

SportsYou App - Please use the backside of this handout to have your family register.

Parents Meeting - MANDATORY - Student Athlete AND 1 Parent/Guardian Present
May 26th - 6:30-8:00 PM INCOMING FRESHMAN 7:00-8:00 PM ENTIRE TEAM
If a Parent/Guardian cannot make this time there will be a makeup time setup.
Coach Q must meet with a parent before offseason workouts can begin.

Summer Workouts - Begin May 31st - 12 Weeks Until Week 1 Against Peotone

Freshman Orientation - The Freshman will spend a week learning workouts before they start working out with upperclassmen

SEASON COUNTDOWN

Week #	Start Date	Event(s)
13	May 31st	Strength & Conditioning / Freshman Orientation
12	June 6th	Mini Camp 1 - High School Only
11	June 13th	Mini Camp 2 - High School Only
10	June 20th	Strength & Conditioning / Summer Fundraiser
9	June 27th	Strength & Conditioning / Summer Fundraiser
8	July 4th	4th July Parade / Captains Workouts
7	July 11th	Mini Camp 3 - 3rd - 8th Grade(Mon - Wed) - HS All Week
6	July 18th	Mini Camp 4 - HS Only / 22nd - 24th Camp Carlinville
5	July 25th	Strength & Conditioning / Obstacle Course 28th
4	August 1st	Off Week
3	August 8th	Fall Camp
2	August 15th	Fall Camp
1	August 22nd	Week 1 - August 26th - Peotone @ Home

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You've been invited to join

Rantoul Football

Use your **unique access code** below and follow the instructions.

Access Code

EH2Y-V5L4

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**



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