

FARMINGTON ROCKETS

Football Information and Frequently Asked Questions (FAQ's)

Who are the Farmington Rockets?

The Farmington Rockets is a youth football and cheerleading program founded in 1956, for the purpose of promoting citizenship, sportsmanship, and the physical development among the youth of the Farmington and Farmington Hills, Michigan community. The Farmington Rockets are a privately run non-profit, all volunteer program. The Board of Directors is elected each November, and consists of parents and others who are dedicated to the establishment of this organization for the youth they serve. All persons associated with the Farmington Rockets contribute their time on a volunteer basis, which is the foundation of the program's success. [Click here for a complete list on current Board Members.](#)

How much will my child's participation cost me?

The registration fee is \$250 for the first participant for football. Additional children from the same family will receive a \$25 discount on each additional registration fee. Registration fees are \$195 for young participants (ages 7-8) who are placed on the Jr. Freshman squad. Payment plans are offered.

Do I need to buy a uniform? Are there other items I need to purchase?

Uniforms, helmets, pads, girdle, and practice jersey are provided by the Farmington Rockets. Additional costs for football gear/clothing may be incurred. Additional items include:

- Mouthpieces – must be colored (not clear) and connected to the helmet.
- Cleats – All cleats must have a one piece molded sole without screw-in cleats. There may be no visible metal on any part of the cleat.
- Athletic protective cup and supporter.

What team (Jr. Freshman, Freshman, Junior Varsity, Varsity) will my son be on?

The squads are age based with weight restrictions at each level. Playing age is your age before September 1st. If a child is over the maximum weight he may be asked to play at the next level squad. For the Varsity players, 13 year olds cannot weigh more than 180 lbs. with full equipment minus the helmet. There is a maximum of three 14 year olds that must weigh 145 lbs. or less. Please see the age/weight grid below, or ask the Football Commissioner for further assistance.

Level	Age	Weight Limit
Jr. Freshman	7-8	120 lbs.
Freshman	9-10	130 lbs.
Junior Varsity	11-12	150 lbs.
Varsity	13 14 (3)	180 lbs. 145 lbs.

What is the time frame of the season?

Football practice begins the last Monday in July, and proceeds with practices and 8 scheduled games through the end of October. Playoffs are played at the beginning of November followed by our annual Rockets Banquet. Visit our calendar page on our website.

Where are practices held?

The Rockets football players practice on the field behind Highmeadow Elementary School. Located at: 30175 Highmeadow, Farmington Hills, MI 48334

What is the practice schedule?

In August, before the beginning of the school year, Freshmen, Junior Varsity, and Varsity squads practice Monday through Friday evenings from 5:30 pm to 7:30 pm. Jr. Freshmen practice 4 days a per week. After Labor Day, practices will be scheduled Tuesday through Friday, 5:30 pm to 7:30 pm or until we lose daylight hours. There may be some Saturday walk through practices and there may be some Monday team chalk talks for 1 hour. Jr. Freshmen practices will be 3 days per week. Later in the season, practice hours may be altered slightly to compensate for less daylight hours.

What will my child need for the first day of practice?

- Boys will need to have a completed physical turned in after April 15th and prior to the first day of practice. A Farmington Rockets physical form was provided in the registration packet, which must have the physician's stamp on it. All fees must be paid, and all forms must be filled out completely and turned in.
- All players should wear shirt, shorts, athletic cup, and football cleats.
- All Players should bring water to all practices. Do not bring pop or Kool Aid type drinks.
- Please note, that NO jewelry is to be worn. This includes bracelet, earrings, necklaces or watches.

When and where are the football games?

Football games are played on Sundays with some Saturday games, beginning the weekend prior to Labor Day (with Labor Day weekend off). Home games are played at Farmington High School. Located at: 32000 Shiawassee, Farmington, MI 48336

Is there an attendance policy?

Yes. Attendance at practice and games is mandatory. Please refer to the Farmington Rockets Football Rules for the specific attendance policy on the Football page.

Does the organization have any rules or guidelines that my son and I need to be aware of?

Yes. The Farmington Rockets Football Rules and Code of Conduct are part of the registration download and can be found on the Football page and Info page of our website. They are also handed out at registration.

What are my responsibilities as a parent?

Farmington Rockets Youth Football is a not-for-profit entity and is run exclusively by volunteers. All coaches and Board members are volunteers. Parent volunteers are required to fulfill an extensive number of roles for the benefit the boys and girls participating in football and cheer.

Parents must commit to at least 2 games of volunteer activities at home games. These activities range from working at the concession stand, working the chain gang on the field, or selling 50-50 tickets, and other activities. Please see the Volunteer page for volunteer assignments and job descriptions. Please contact a Board member if you are interested in helping out with coaching, becoming a team parent, or any other contribution you would like to make.

How will I stay updated on Farmington Rockets Information?

The Farmington Rockets send out e-mails and posts a monthly newsletter during the off season and weekly starting the first week of practice. Any immediate updates are sent out via e-mail. You may contact any Board member on the Contact page on our website.

Who can I contact if I have questions?

You may contact the Football Commissioner or President for more answers to you questions at: The Contact page of our website www.farmingtonrockets.org