

# Riverdale Ridge Football

## PRACTICE AGENDA

AUGUST 19 –26

<u>Monday</u> - Shells	<b>2:45PM</b>	<b>Players in</b>
	3:00	Players Lift
	3:40	Team meetings Stadium Locker Room
	4:00	Team W/O Split Day
	6:00	Off Field
	6:10	Players home
<u>Tuesday</u> - Shells	4:50	On Field Team W/O Split Day
	6:50	Off field
	7:10	Players home
<u>Wednesday</u> – Shells	4:50	On Field Team W/O Split Day
	6:55	Players off field
	7:05	Players Lift (Kids NOT in a WTS Class)
	7:45	Players Home
<u>Thursday</u> - Helmets only	4:50	Team W/O - Split/Specialties/Walk Through
	6:50	Players off field
	7:00	Check Out Game Gear for scrimmage
	7:30	Team Dinner - Commons
	8:00	Players home
<u>Friday</u> - Full Gear	4:40	Team Dinner
	5:15	Dress and Tape
	5:25	Stadium Locker Room
	5:45	Field - Pregame
	6:30 PM	Riverdale Ridge vs. Denver West
<u>Saturday</u> - Shirts/Shorts	7:00AM	Coaches In
	7:45	Players in
	8:00	Lift/Run
	9:00	Film Eval
	10:15	Players Home
<u>Monday</u> - TBA	3:00	Players in Lift
	3:30	Team meeting
	4:30	On Field Team W/O
	7:00	Players home

IT IS A POLICY OF THIS PROGRAM THAT ALL PLAYERS  
PRACTICE ON ALL SATURDAYS AND ON ALL HOLIDAYS  
DURING THE SEASON.

AN UNEXCUSED ABSENCE FROM PRACTICE WILL RESULT IN  
LOSS OF PLAYING TIME!