

Riverdale Ridge Football

PRACTICE AGENDA

AUGUST 26 –SEPT 2

<u>Monday</u> - Shells	2:45PM	Players in
	3:00	Players Film
	3:15	Offensive Game Plan Meeting - E101
	3:45	Defensive Game Plan Meeting -E101
	4:15	Team W/O Split Day
	6:15	Off Field
	6:30	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> –Helmets only	4:50	Team W/O - Split/Specialties/Walk Through
	6:25	Players off field
	6:30	Check Out Game Jerseys and Pants
	6:45	Team Dinner - Commons
	7:30	Players home
<u>Thursday</u> - Game Day	3:55	Release from Class to Get Football Gear
	4:05	Grab Burrito on the way to the Bus (Out the East Side by PE)
	4:15	Busses leave
	5:25	Stadium Locker Room - Dress and Tape
	5:55	Field - Specialties
	6:05	Field All - Pregame
	7:00 PM	Riverdale Ridge @ Severance
	10:00	Busses return
<u>Friday</u> - Shirts/Shorts	4:50	Varsity Team Film - E101
	4:50	“C” Practice on field
	5:50	Players Stretch and Run
	6:30	Players Lift
	7:00	Players Home
<u>Saturday</u> - “C” Game Day	7:00AM	Coaches In
Varsity NO official Practice	8:30	Players in
	9:00	Field Pregame
	10:00	Riverdale Ridge vs Severance
	12:15	Players Home
<u>Monday</u> - Helmets only	1:45	Players in
Labor Day	2:00	Offensive Film/Game Plan
	2:30	Defensive Film/Game Plan
	3:10	On Field Team W/O
	5:20	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!**