

Riverdale Ridge Football

PRACTICE AGENDA

AUGUST 26 –SEPT 2

<u>Monday</u> - Shells	1:45PM	Players in
	2:00	Players Film - Specialties E101
	2:15	Offensive Game Plan Meeting - E101
	2:35	Defensive Game Plan Meeting -E101
	3:05	Team W/O Split Day
	5:05	Off Field
	5:15	Players lift if not in classes
	6:00	Players home
<u>Tuesday</u> - Shells	4:50	On Field Team W/O Offensive Day
	6:50	Off field
	7:10	Players home
<u>Wednesday</u> –Shells	4:50	On Field Team W/O Offensive Day
	6:50	Off field
	7:10	Players home
<u>Thursday</u> - Helmets Only “C” Game	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
	3:45	School Release
	4:10	Field for Pregame
	5:00	“C” Game vs Erie
Friday - Game Day	4:45	Team Dinner - Commons - Burritos
	5:00	Dress and Tape Navy Jersey/Pants/GameSocks
	5:15	Stadium Locker Room - Meeting Notes/ Metally Prepare
	5:55	Field - Specialties
	6:05	Field All - Pregame
	7:00 PM	Riverdale Ridge Vs Jefferson
<u>Saturday</u> -	7:00AM	Coaches In
	8:00	Players in Film
	9:45	Field Run and Stretch
	10:30	Players lift if not in classes
	11:15	Players Home
<u>Monday</u> - Shells	2:45	Players in
	3:00	Offensive Film/Game Plan
	3:30	Defensive Film/Game Plan
	4:10	On Field Team W/O
	6:20	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!