

# Riverdale Ridge Football

## PRACTICE AGENDA

Sept 16 –Sept 23

<u>Monday</u> - Shells JV Game Day	<b>2:45PM</b> 3:00 3:15 3:15 3:45 4:00 4:15 6:15 6:30	<b>Players in</b> Players Film JV on Field Offensive Game Plan Meeting - E101 Defensive Game Plan Meeting -E101 JV V. Arvada Team W/O Split Day Off Field Players home
<u>Tuesday</u> - Shells	4:50 6:50 7:10	On Field Team W/O Offensive Day Off field Players home
<u>Wednesday</u> –Shells	4:50 6:45 7:00	Team W/O - Defensive Day Players off field Players home
<u>Thursday</u> - Helmets only	4:50 6:25 6:30 6:45 7:30	Team W/O - Players off field Check Out Game Jerseys and Pants Team Dinner - Commons Players home
<u>Friday</u> - Game Day	4:45 5:00 5:25 5:55 7:00	Team Dinner - Commons Dress and Tape Players to stadium Locker room Specialties out Riverdale Ridge V. Ft Lupton
<u>Saturday</u> - Varsity Film	7:00AM 8:00 9:30 10:00	Coaches In Players in/Varsity Film/JV Practice Varsity Run/Stretch - Players Home
<b><u>Monday OFF Varsity</u></b> “C” Game Day	 2:00 2:30 4:00 6:30	<b>BYE WEEK</b> JV Players in Bus Leaves Riverdale Ridge vs Ft Lupton Return to Riverdale Ridge

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!