

Riverdale Ridge Football

PRACTICE AGENDA

Oct 19-26

<u>Monday</u> - Helmets only	2:50	Varsity Group in to lift Group that lifted Sat
	4:00	Players Check in
	4:00	Team W/O Split Day Instal
	6:00	Conclusion of Practice
	6:10	Off Field
	6:15	Group 2 Lift
<u>Tuesday</u> - FULL GEAR	3:40PM	Players Check in
	4:00	Team W/O Offensive Day
	6:00	Conclusion of Practice
	6:15	Off Field Group 3 Lift
	7:00	Players home
<u>Wednesday</u> -FULL GEAR	3:40PM	Players Check in
	4:00	Team W/O - Defensive Day
	6:00	Conclusion of Practice
	6:15	Off Field - Group 2 Lift
	7:00	Players Home
<u>Thursday</u> - Helmets Only	3:40PM	Players in
	4:00	Team W/O - Specialty Walk Through
	6:00	Conclusion of Practice
	6:15	Off Field Game Gear
	6:30	Players home
<u>Friday</u> - Game Gear	2:45	Players Check in
JV NO PRACTICE	3:00	Board Bus
	4:45	Team Dinner - Stadium Bleachers
	5:10	Dress and Tape
	6:00	Specialties Out
	6:15	Team Flex
	7:00	Riverdale Ridge @ Lewis Palmer
<u>Saturday</u> - Shirts/Shorts	8:30	JV Check in/Game Gear
	9:00	Varsity Players check in
	9:15	Lift/Run
	10:00	JV Vs Lewis Palmer
	11:00	Players Home
<u>Monday</u> - Helmets only	2:45	Varsity in to lift
	3:40PM	Players Check in
	4:00	Team W/O
	6:00	Conclusion of Practice
	6:15	Off Field
	6:30	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!