

Riverdale Ridge Football

PRACTICE AGENDA

Oct 26-Nov 2

<u>Monday</u> - Helmets and Girdles	2:50	Varsity Group in to lift Group that lifted Sat
	4:00	Players Check in
	6:00	Team W/O Split Day Instal
	6:10	Conclusion of Practice
	6:15	Off Field
		Group 2 Lift
<u>Tuesday</u> - FULL GEAR	3:40PM	Players Check in
	4:00	Team W/O Split Day
	6:00	Conclusion of Practice
	6:15	Off Field Group 3 Lift
	7:00	Players home
<u>Wednesday</u> -Helmets and Girdles	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>Thursday</u> - Game Gear	3:40	Check In
	3:50	Team Dinner - Stadium Bleachers
	4:15	Dress and Tape
	5:00	Specialties Out
	5:15	Team Flex
	6:00	Riverdale Ridge Vs. Discovery Canyon
<u>Friday</u> - Helmets are Girdles	3:40	Check in - Varsity Lift/Run, C Team Walk Through
	5:00	Players Home
<u>Saturday</u> - Shirts/Shorts	7:00	C Team Check in
	7:15	Board Bus
	9:10	On Field Warm up
	10:00	C @ Discovery Canyon
	2:30	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!