

# Riverdale Ridge Football

## PRACTICE AGENDA

Nov 9-16

<u>Monday</u> - Helmets & Girdles only	<b>2:50</b>	<b>Group 1 in to lift</b>
	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 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 4 Lift
	7:00	Players Home
<u>Thursday</u> - Helmets Only	<b>2:15</b>	<b>C team released for check in</b>
	<b>2:30</b>	<b>Board Bus to Lutheran</b>
	<b>4:30</b>	<b>Riverdale C vs Lutheran</b>
	3:40PM	Varsity 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	3:30	Players Check in
C TEam NO PRACTICE	3:45	Team Dinner - Stadium Bleachers
	4:10	Dress and Tape
	5:10	Specialties Out
	5:20	Team Flex
	6:00	Riverdale Ridge vs Lutheran
<u>Saturday</u> - Shirts/Shorts	9:00	Varsity Players check in
	9:15	Lift/Run
	11:00	Players Home
<u>Monday</u> - Helmets & Girdles	<b>2:00</b>	<b>Pictures Group 1</b>
	<b>2:30</b>	<b>Pictures Group 2</b>
	<b>3:00</b>	<b>Pictures Group 3</b>
	<b>2:50</b>	<b>Group 1 in to lift</b>
	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!