

# Riverdale Ridge Football

## PRACTICE AGENDA

Sept 20-27

<b><u>Monday</u> - Full Gear</b>	<b>2:45</b>	<b>Players in Film/Lift</b>
	4:00	Practice Split
	6:00	Off Field
	6:10	Players Home
<b><u>Tuesday</u>- Full Gear</b>	<b>4:22</b>	<b>Players out of school</b>
	<b>4:50</b>	<b>Practice Split</b>
	7:00	Off Field
	7:20	Players home
<b><u>Wednesday</u> -Full Gear</b>	<b>4:22</b>	<b>Players out of school</b>
	4:50	Practice - Specialties
	6:40	Off Field
	6:50	Check out Game Gear
	7:15	Team Dinner
	7:45	Players Home
<b><u>Thursday</u> - Navy, Navy, Navy</b>	3:30	Out of school
	3:40	Team Dinner
	4:00	Dress and Tape
	4:20	Offensive meeting Stadium Locker room
	4:30	Defensive meeting
	4:40	Pad Up
	4:55	Specialties Out
	5:05	Team Out
	6:00	Riverdale Ridge vs Roosevelt
<b><u>Friday</u>-</b>	<b>4:22</b>	<b>Players out of school</b>
	4:50	Lift/Run -
	6:50	Players home
<b><u>Saturday</u> -</b>	7:00	Coaches In
	8:00	JV in for game prep
	10:00	JV Players Done
<b><u>Monday</u> - Full Gear</b>	<b>1:00</b>	<b>JV in</b>
	<b>1:30</b>	<b>Board Bus</b>
	<b>3:00</b>	<b>JV Field</b>
	<b>4:00</b>	<b>JV @ Roosevelt</b>
	<b>2:45</b>	<b>Varsity Players in Film/Lift</b>
	4:00	Practice
	6:00	Off Field
	6:10	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  
A LOSS OF PLAYING TIME!