

# Riverdale Ridge Football

## PRACTICE AGENDA

Sept 27-Oct 4

<b><u>Monday</u> - Full Gear</b>	<b>12:00</b>	<b>JV in</b>
	<b>12:45</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 Lift/film</b>
	4:00	Practice
	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>
	<b>4:50</b>	<b>Practice Split</b>
	7:00	Off Field
	7:20	Players home
<b><u>Thursday</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>Friday</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>Saturday</u> - White, Navy, Navy</b>	7:15	JV in for game
	7:30	Board Bus
	9:00	Field for Pregame
	10:00	JV @ Lutheran
<b><u>Monday</u> - Full Gear</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!**