

Riverdale Ridge Football

PRACTICE AGENDA

Sept 5-12

<u>Monday</u> - FULL GEAR	1:00 PM	Varsity Lift (Not in a strength Class)
	1:45	Team Reports
	2:00	Field - Team W/O
	4:00	Off Field
	4:15	Team meetings/film
	5:15	Players Home
<u>Tuesday</u> - FULL GEAR	4:22 PM	Full Team Locker Room
	4:50	Field Team W/O
	7:00	Off Field
	7:20	Players home
<u>Wednesday</u> –Helmets and Girdles	4:22 PM	Players in/Locker room
	4:50	Field Team W/O
	7:00	Off Field/Check Out Game Gear/ Team Dinner All Team
	7:45	Players home
<u>Thursday</u> -Game Gear	3:45	Varsity released from school
	4:00	Team Dinner Locker Room
	4:30	Dress and Tape
	4:50	Specialties Out
	5:05	Team Flex
	6:00	KO Ravens vs Nortfield
<u>Friday</u> -	4:40	Yoga
	5:30	Film
	6:30	Players Home
<u>Saturday</u> - Varsity	7:00 AM	Coaches In
	8:30	Players in
	10:30	Players Home
<u>Monday</u> -Full Gear	2:00 PM	Varsity Lift (Not in a strength Class)
	3:00	All Varsity Reports
	3:30	Field- Team W/O (Practice)
	5:30	Off Field/Film
	6:15	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!