

# Riverdale Ridge Football

## PRACTICE AGENDA

**Sept 26 - Oct 3**

Monday- Helmets only      **1:00**      **Seniors get suited up  
for senior banner pics.  
Navy/Navy/Navy**

**2:00 PM**      **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

Tuesday- FULL GEAR      4:22 PM      Full Team Locker Room  
4:50      Field Team W/O  
7:00      Off Field  
7:20      Players home

Wednesday -FULL GEAR      4:22 PM      Full Team Locker Room  
4:50      Field Team W/O  
7:00      Off Field  
7:20      Players home

Thursday -SHELLS      4:22 PM      Full Team Locker Room  
4:50      Field Team W/O  
7:00      Off Field  
7:20      Players home

Friday-      OFF

Saturday      OFF

**Monday -Helmets  
and Girdles      **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!**