

Riverdale Ridge Football

PRACTICE AGENDA

Oct 3-10

<u>Monday</u> - Helmets & Girdles	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
<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> -FULL GEAR	4:22 PM	Full Team Locker Room
	4:50	Field Team W/O
	7:00	Off Field
	7:20	Players home
<u>Thursday</u> -Helmets & Girdles	4:22 PM	Full Team Locker Room
	4:50	Field Team W/O
	6:45	Off Field/Check Out Game Gear
	7:00	Team Dinner
	7:50	Players Home
<u>Friday</u> - Game Gear	3:30	Varsity released from school
	3:45	Board Bus to DPS
	5:00	Pregame Sandwich
	5:30	Dress and tape
	6:00	Field/Pregame Warm up
	7:00	KO Ravens @ Denver North
	9:00	Board Bus back home
	9:45	Arrive @ The Ridge
	"C" & JV	NO PRACTICE
<u>Saturday</u>	8:30	Players inLift/Run/Film
	10:30	
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!