



RAMS FOOTBALL 2019 IN SEASON FRESHMAN SCHEDULE



MONDAY

1:15 PM	STUDY HALL
2:30 PM	MEETINGS – RM 908
3:15 PM	DRESS FOR PRACTICE
3:30 PM	PRACTICE
5:30 PM	DONE

TUESDAY

1:15 PM	SPEED/ CONDITIONING / WEIGHTS
2:30 PM	MEETINGS
3:15 PM	DRESS FOR PRACTICE
3:30 PM	PRACTICE
5:30 PM	DONE

WEDNESDAY

1:15 PM	STUDY HALL
2:30 PM	MEETINGS – RM 908
3:15 PM	DRESS FOR PRACTICE
3:30 PM	PRACTICE
5:30 PM	DONE

THURSDAY

1:15 PM	DRESS FOR GAME
3:00 PM	FRESHMAN GAME

FRIDAY

1:15 PM	LIFT AND RUN
2:30 PM	FILM WITH PLAYERS
3:15 PM	PLAYERS DISMISSED
7:00 PM	SUPPORT VARSITY

SATURDAY

8:00 AM	TEAM MEETING
8:15 AM	SPEED/ CONDITIONING / WEIGHTS
9:30 AM	DONE FOR THE DAY

