



RAMS FOOTBALL 2019 IN SEASON JV / VARSITY SCHEDULE



MONDAY

11:15 AM	LUNCH MEETING – RM 908
1:15 PM	SPEED/ CONDITIONING / WEIGHTS
2:30 PM	MEETINGS – RM 908
3:25 PM	DRESS FOR PRACTICE
3:45 PM	PRACTICE
5:45 PM	DONE

TUESDAY

11:15 AM	LUNCH MEETING – RM 908
1:15 PM	STUDY HALL – RM 908
2:30 PM	MEETINGS
3:15 PM	DRESS FOR PRACTICE
3:30 PM	PRACTICE
5:30 PM	DONE

WEDNESDAY

11:15 AM	LUNCH MEETING – RM 908
1:15 PM	SPEED/ CONDITIONING / WEIGHTS
2:30 PM	MEETINGS – RM 908
3:15 PM	DRESS FOR PRACTICE
3:30 PM	PRACTICE
5:30 PM	DONE

THURSDAY

11:15 AM	LUNCH MEETING – RM 908
1:15 PM	STUDY HALL (VARSITY PLAYERS)
2:15 PM	DRESS
2:30 PM	WALK THRU
3:00 PM	DONE
3:00 PM	JV GAME

FRIDAY

11:15 AM	LUNCH MEETING – RM 908
1:15 PM	STUDY HALL (JV PLAYERS)
1:15 PM	MEETINGS (VARSITY PLAYERS)
2:40 PM	JV PLAYERS DISMISSED
3:00 PM	PRE – GAME MEAL (VARSITY)

SATURDAY

8:00 AM	TEAM MEETING
8:15 AM	LIFT AND RUN
9:15 AM	FILM WITH PLAYERS
11:00 AM	DONE FOR THE DAY

