



# RAPIDS RAPTORS YOUTH FOOTBALL

## 2009 PRACTICE SCHEDULE

**Week #1: Monday through Thursday: **Conditioning Week****

August 10 <sup>th</sup>	6 – 8pm	2 Hours	Helmet Only
August 11 <sup>th</sup>	6 – 8pm	2 Hours	Helmet Only
August 12 <sup>th</sup>	6 – 8pm	2 Hours	Helmet Only
August 13 <sup>th</sup>	6 – 8pm	2 Hours	Helmet Only (Draft Night)

**Week #2: Monday through Thursday: **Team Week****

August 17 <sup>th</sup>	6 – 8pm	2 Hours	Full Pads
August 18 <sup>th</sup>	6 – 8pm	2 Hours	Full Pads
August 19 <sup>th</sup>	6 – 8pm	2 Hours	Full Pads
August 20 <sup>th</sup>	6 – 8pm	2 Hours	Full Pads

**Week #3: Monday, Tuesday, Wednesday, Thursday, **Saturday Scrimmage (Picture Week)****

August 24 <sup>th</sup>	6 – 8pm	2 Hours	Full Pads
August 25 <sup>th</sup>	6 – 8pm	2 Hours	Full Pads
August 26 <sup>th</sup>	5:30	Picture Night	Game Uniforms (No Practice Pictures Only)
August 27 <sup>th</sup>	6 – 8pm	2 Hours	Full Pads

**August 29<sup>th</sup> 9:00am to Noon Scrimmage with other Community Teams in Auburndale**

**Week #4: Tuesday, Thursday (School Starts this Week)**

September 1 <sup>st</sup>	5:30 – 7:00pm	1.5 Hours	Full Pads
September 3 <sup>rd</sup>	5:30 – 7:00pm	1.5 Hours	Full Pads

**(No Games on Labor Day Weekend)**

**Week #5: Tuesday, Thursday**

September 8 <sup>th</sup>	5:30 – 7:00pm	1.5 Hours	Full Pads
September 10 <sup>th</sup>	5:30 – 7:00pm	1.5 Hours	Full Pads

**Saturday September 12<sup>th</sup> Game #1**

**Week #6: Tuesday, Thursday**

September 15 <sup>th</sup>	5:30 – 7:00pm	1.5 Hours	Full Pads
September 17 <sup>th</sup>	5:30 – 7:00pm	1.5 Hours	Full Pads

**Saturday September 19<sup>th</sup> Game #2**

**Week #7:** Tuesday, Thursday

September 22<sup>nd</sup> 5:30 – 7:00pm 1.5 Hours Full Pads

September 24<sup>th</sup> 5:30 – 7:00pm 1.5 Hours Full Pads

**Saturday September 26<sup>th</sup> Game #3**

**Week #8:** Tuesday, Thursday

September 29<sup>th</sup> 5:30 – 7:00pm 1.5 Hours Full Pads

October 1<sup>st</sup> 5:30 – 7:00pm 1.5 Hours Full Pads

**Saturday October 3<sup>rd</sup> Game #4**

**Week #9:** Tuesday, Thursday

October 6<sup>th</sup> 5 – 6:30pm 1.5 Hours Full Pads

October 8<sup>th</sup> 5 – 6:30pm 1.5 Hours Full Pads

**Saturday October 10<sup>th</sup> Game #5**

**Week #10:** Tuesday, Thursday

October 13<sup>th</sup> 5 – 6:30pm 1.5 Hours Full Pads

October 15<sup>th</sup> 5 – 6:30pm 1.5 Hours Full Pads

**Saturday October 17<sup>th</sup> Game #6 (Last game of Season)**

**Tuesday October 20<sup>th</sup> Equipment Return Night**