



VARSITY PLAYER SATURDAY SCHEDULE

9:00 a.m.	Player rehab report time
10:00 a.m.	Non-rehab player report time – Dress in Blacks & attendance
10:05 a.m.	Team meeting
10:30 a.m.	Post-game recovery workout
11:00 a.m.	Previous game video review
12:00 p.m.	End of session

1. All Varsity players are required to attend on scheduled Saturdays.
2. Players that are not in attendance will participate in missed practice workout the following Monday at the conclusion of practice.
3. Players that will not be in attendance are required to contact their position coach. Not communicating will result in a player consequence in addition to the missed practice workout.