



Riverdale Raiders



“Those Who Stay Will Be Champions”

Our players and coaches have worked hard to develop a culture of excellence and the fruits of our labor are beginning to show. We recently finished painting our weight room, we hung some signs that have really helped to give it a fresh new look and our kids are proud of it. We are in the process of remodeling our varsity locker room and some financial assistance is needed. We are excited about this upcoming spring season which our kids have been tirelessly working towards since January. We will play @ Clewiston in the spring game and are expecting great competition and atmosphere. Please note the information below.

IMPORTANT DATES:

APRIL 18TH – \$15 PHYSICAL NIGHT
(PAPERWORK MUST BE FILLED OUT BEFORE)
 APRIL 20TH – LIFT-A-THON \$\$\$ DUE
 APRIL 20TH – EQUIPMENT HANDOUT
 APRIL 23RD – 1ST DAY OF PRACTICE
 APRIL 29TH – EVENING PRACTICE
 MAY 15TH – GARNET & GOLD GAME @ 7PM
 MAY 23RD – SPRING GAME VS CLEWISTON @ 7PM
 JUNE 11TH – SUMMER WORKOUTS BEGIN @ 6AM
 JULY 18TH – 20TH – TEAM CAMP (\$199.00 / PLAYER)

Raider Football Code of Honor

Tell the Truth

Do your BEST, no matter how small the task

Choose the difficult RIGHT over the easy wrong

DON'T whine or make excuses

Judge others based on their ACTIONS, nothing else

Don't pursue happiness, pursue

EXCELLENCE

Look out for the TEAM before you look out for yourself

FEBRUARY TOTALS

SQUAT			BENCH HOPS			BENCH PRESS		
1	Brown, Q.	475	1	Brown, Q.	58	1	Terebeniec, J.	315
2	Walker, K.	455	2	Cook, C.	51	2	Walker, K.	285
3	Molina, E.	445	2	Medeiros, D.	51	3	Hansen, N.	255
4	Taylor, K.	430	2	O'Brien, C.	51	4	DeVaney, E.	255
5	Caglioti, M.	415	2	Preston, L.	51	5	Molina, E.	250
			2	Ulmer, D.	51			
SHUTTLE (5-10-5)			POWER CLEAN			CHIN-UPS		
1	Dinkens, T.	4.18	1	Walker, K.	295	1	Cluck, D.	24
2	Preston, L.	4.24	2	Brown, Q.	275	2	Howard, J.	23
3	Jackson, B.	4.25	3	O'Brien, C.	260	3	DeVaney, E.	22
4	Walker, K.	4.26	4	Terebeniec, J.	245	3	Iamarino, E.	22
5	Alexander, R.	4.27	5	Cook, C.	225	3	Molina, E.	22
5	Clark, R.	4.27	5	Caglioti, M.	225	3	Soto, M.	22
5	Robinson, A.	4.27	5	Campbell, C.	225	3	Walker, K.	22
			5	McCutcheon, E	225			
			5	Molina, E.	225			



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SCHEDULE / CALENDAR

- PLEASE SEE TEAM PICTURES, UPDATED FOOTBALL SCHEDULE, SPRING AND SUMMER CALENDAR ON GOOGLE DRIVE:
https://drive.google.com/drive/folders/0B70b3HfzVz_5TEtpYIVyUEJzUGs?usp=sharing
- **Spring Football starts April 23RD**. It is mandatory for all football players who intend on playing in the fall.
- **Physicals and ALL paperwork must done on April 18th**.
- **SUMMER WORKOUTS ARE ALSO CRUCIAL TO OUR SUCCESS.**
ALL PLAYERS ARE EXPECTED TO MAKE 18 OUT OF 22 SUMMER WORKOUTS. PLEASE PLAN ACCORDINGLY.

COMMUNICATION IS EVERYTHING

- IF A PLAYER IS GOING TO MISS OR BE LATE TO SCHOOL, I NEED TO KNOW!!!
- Please expect to be communicated with periodically via email.

Head Coach James Delgado - (407)739-5451 - JamesCD@LeeSchools.Net

Twitter: @CoachDelgado61

Football Website: <http://www.riverdaleraiderstdclub.com/index.html>

Twitter: @RiverdaleCoach

School Website: <http://rdh.leeschools.net>

**THANK YOU FOR ALL YOUR
CONTINUED SUPPORT AND
COMMITMENT TO MAKING OUR
YOUNG MEN BE EXCELLENT.**