



Riverdale Raiders



January Parent Form Found @
bit.ly/2kfl825

“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. Before we left for spring break all of our players were tested and they were sent home with a Football 101 packet. As they return from break we will hit the ground running with daily meetings and lifting. For the next five weeks, you can count on Riverdale football players to stay after school every day (refer to the calendar). Missing is not an option.

IMPORTANT DATES:

APRIL 20TH – \$15 PHYSICAL NIGHT
(PAPERWORK MUST BE FILLED OUT BEFORE)
 APRIL 21ST – LIFT-A-THON \$\$\$ DUE
 APRIL 21ST – EQUIPMENT HANDOUT
 APRIL 24TH – 1ST DAY OF PRACTICE
 APRIL 29TH – EVENING PRACTICE
 MAY 11TH – GARNET & GOLD GAME @ 7PM
 MAY 18TH – SPRING GAME VS LABELLE @ 7PM
 JUNE 5TH – SUMMER WORKOUTS BEGIN @ 7AM

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

SUPER RAIDER TEST TOP 5 PER EVENT

SQUAT			SHUTTLE (5-10-5)			POWER CLEAN			STADIUM			BENCH		
1	Drovdlic	445	1	Layne	3.83	1	Drovdlic	285	1	Strohl	40.83	1	Bibbey	315
2	Barfield	425	2	Quintela	3.88	1	Walker	285	2	Edmonds	43.86	2	Terebieniec	305
2	Brown, Q	425	3	Vandergrift	4.10	2	Sanders	275	3	Robinson	44.38	3	Dickerson	285
4	Terebieniec	415	4	Cochran	4.13	4	Brown	255	4	Payne	45.21	3	Sanders	285
4	Walker	415	4	Johnston	4.13	4	Hansen, E	255	5	Velazquez	45.84	5	Walker	275

JERK		40 & 10 YD SPLIT				BENCH HOPS		LIFT-A-THON TOTALS BENCH, CLEAN, SQUAT				
1	Mora	245	1	Strohl	4.39	1.78	1	Strohl	57	1	Drovdlic	985
1	Strohl	245	2	Jones	4.98	1.80	2	Freeman	55	2	Walker	975
3	Drovdlic	235	2	Quintela	4.98	1.84	2	Gray	55	3	Terebieniec	945
3	Walker	235	4	Williams, R	5.00	1.71	4	Edmonds	54	4	Brown	935
5	Bibbey	225	5	Brown	5.03	1.73	5	Brown	53	5	Sanders	925
5	Hansen, E	225	We will be re-testing this SUMMER and numbers will go up!						6	Barfield	905	
5	Mason	225							7	Velez	885	
5	Terebieniec	225							7	Dickerson	885	
									9	Hansen E	875	
						10	Mason	855				



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SCHEDULE / CALENDAR

- PLEASE SEE THE UPDATED SPRING AND SUMMER CALENDAR ON GOOGLE DRIVE:
https://drive.google.com/file/d/0B70b3HfzVz_5RjNGZUJCLXdTZEk/view?usp=sharing
- **Spring Football starts April 24th.** It is mandatory for all football players who intend on playing in the fall.
- **Physicals and ALL paperwork must done on April 20th**
- **The summer workouts are also mandatory.**

ALL PLAYERS ARE EXPECTED TO MAKE 20 OUT OF 24 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 throughout this upcoming season 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.lee schools.net>

Position(s)	First Name	Last Name	Email
HEAD COACH	James	Delgado	JamesCD@LeeSchools.net
TIGHT ENDS, BLOCKING BACKS & OFFENSIVE LINE	Wayne	Adams	WayneKA@LeeSchools.net
KICKERS	Todd	Alley	ToddMA@LeeSchools.net
OFFENSIVE LINE & DEFENSIVE LINE	John	Bailey	john@baileyfloors.com
OFFENSIVE COORDINATOR	Charles	Benintende	CharlesJB@LeeSchools.net
QUARTERBACKS & RUNNING BACKS	Vernon	Brazeal	VernonLB@LeeSchools.net
DEFENSIVE LINE & SPECIAL TEAMS	Josh	Carpenter	Jcarpwolves55@yahoo.com
LINEBACKERS	Matt	Davidson	mattdav23@hotmail.com
LINEBACKERS & FOOTBALL OPERATIONS	Tommy	Edwards	ThomasSE@LeeSchools.net
OFFENSIVE LINE	Jack	Gunn	JackWG@LeeSchools.net
RECIEVERS	Denzel	Hagan	WilliamDH@LeeSchools.net
DEFENSIVE COORDINATOR & RECRUITING COORDINATOR	Steve	Howard	dbcoachhoward@gmail.com
DEFENSIVE BACKS	Drew	Lindsey	Lindseyandrew.al@gmail.com
DEFENSIVE LINE	Michael	Romano	MichaelARo@LeeSchools.net
RUNNING BACKS	Josh	Stutzman	JoshuaKS@LeeSchools.net