

RHS RAIDERS
Tackle Football 2023 – 2024



All practices are from 16h-18h. Parents are responsible to pick up their children after practice. Students will be bussed to and from away games. Parents should pick up their children from RHS after the bus arrives. Students can stay at school for all home games but **MUST** remain in the ping pong area. Please pack an extra lunch for your children for all game days!

2023-2024 Practice and Game Schedule:

Practice Tuesday August 22nd 16h-18h

Practice Wednesday August 23rd 16h-18h

Practice Monday August 28th 16h-18h

Practice Tuesday August 29th 16h-18h

Practice Wednesday August 30th 16h-18h

Practice Tuesday September 4th 16h-18h

Practice Wednesday September 5th 16h-18h

Practice Monday September 11th 16h-18h

Practice Tuesday September 12th 16h-18h

Practice Wednesday September 13th 16h-18h

Practice Monday September 18th 16h-18h

Practice Tuesday September 19th 16h-18h

GAME Wednesday September 20th 18h at RHS

Practice Monday September 25th 16h-18h

Practice Tuesday September 26th 16h-18h

GAME Wednesday September 27th 17h30 at Ecole Secondaire Therese Martin (bus leaves RHS at 15h30 and returns at 20h30)

Practice Monday October 2nd 16h-18h

Practice Tuesday October 3rd 16h-18h

GAME Wednesday October 4th 18h at College Esther Blondin (Bus leaves RHS at 16h and returns at 21h)

Practice Tuesday October 10th 16h-18h

Practice Wednesday October 11th 16h-18h

Practice Monday October 16th 16h-18h

Practice Tuesday October 17th 16h-18h

Practice Wednesday October 18th 16h-18h

GAME Thursday October 19th at 18h at RHS

Practice Monday October 23rd 16h-18h

Practice Tuesday October 24th 16h-18h

* Depending on standings- Playoff game – Championship Finals Thursday November 2nd. Parents will receive an email to confirm if we are in this game.

A few things to remember:

- Students **WILL NOT** have access to the school the first week of practice
- Please make sure your child has enough water for the entire practice
- Students will **NOT** be able to practice without a mouth guard
- An Athletic Therapist will be present at all practices and games
- On practice days when school starts, students must remain in the ping pong area after school. Any student roaming the building will be sent home.
- Please pack an extra lunch for your children for all game days
- All equipment (helmet, shoulder pads, game jersey, game pants and practice jersey) **MUST** be returned at the end of the season
- Please make the balance of payments by September 10th to Ms. Mary Frangiosa. In person or by phone 450-621-5900 x 8715

We look forward to a great season!

Steven Hodhod
Coach