



THE 2010 JUNIOR RAIDER LACROSSE-ATHON

benefiting

THE WOUNDED WARRIOR PROJECT

MORNING SESSION:

	6:00 - 7:00	7:00 - 9:00	9:00 - 9:30	9:30 - 11:00	11:00 - 11:30	11:30 - 1:00
STADIUM FIELD	Stretch & Warm Up	Practice with Coach Scheifflee	Warm Up For Scrimmage - Jumbotron Training	Jr. Raider scrimmage vs. Northview Jr. Titans	Break & Lunch	Jr. Raider Intrasquad Scrimmage
PRACTICE FIELD						JV Player Warm Up

AFTERNOON SESSION:

	1:00 - 2:30	2:30 - 4:00	4:00 - 5:30	5:30 - 6:00
STADIUM FIELD	Split Squad Scrimmage Junior and JV Players	Split Squad Scrimmage Junior and Varsity Players	Jr. Raider scrimmage vs. Lambert (South Forsyth) Jr. Longhorns	Skills contests, long throw, brave heart, etc. - CLOSE
PRACTICE FIELD	Varsity Player Warm Up			

NOTES:

Scrimmages will be run with 4 15-minute Q's, running clock, 2-min after 1Q and 3Q, 5 min after 2Q
 For split squads, each team will be split between a silver and a black squad. Silver and silver will then oppose black and black.
 Jumbotron trainees should stick around for the 9:30 scrimmage and we will need volunteers to run it for the 4:00 scrimmage

**All Funds Raised
 Will Be
 Dedicated In The
 Memory of Captain
 John Hallett III**

