



# 2026 Football Summer Workouts



## **Mondays-**

6:00-7:30am	9-12 grades	Lift	McComas/Pipes
7:30-8:00am	7-12 grades	Offense	
8:00-9:00am	7-8 grades	Lift	

## **Tuesdays:**

6:00-7:30am	9-12 grades	Lift	Wise/McComas/Fenske
7:30-8:00am	7-12 grades	Offense/Defense	
8:00-9:00am	7-8 grades	Lift	

\*\*will alternate weeks for offense and defense

## **Wednesdays:**

8:00-2:00pm	Players Off		Coach Wise in Office
-------------	-------------	--	----------------------

## **Thursdays:**

6:00-7:30am	9-12 grades	Lift	Fenske/Pipes
7:30-8:00am	7-12 grades	Defense	
8:00-9:00am	7-8 grades	Lift	

## **Fridays:**

OFF			
-----	--	--	--

**June Dates: 1, 2, 4, 8, 9, 11, 15, 16, 18, 22, 23, 25**

**June 29th - July 6th: Recovery (no Workouts)**

**July Dates: 7, 9, 13, 14, 16, 20, 21, 23, 27, 28**

**August 3rd - First Practice - time TBD**

**\*\*Varsity will have 7 on 7 games - TBD**



## **2026 Football Player Package**



<b>Guardian Cap</b>	<b>\$80.00</b>
<b>Workout Gear</b>	<b>\$30.00</b>
<b>Team Tie</b>	<b>\$20.00</b>
<b>Travel Shirt</b>	<b>\$20.00</b>
<b>Total Cost</b>	<b>\$150.00</b>

**Checks payable to Riverfield Academy**

**\*\*Please turn money into Coach Wise by July 16th\*\***

---

**All players will wear black cleats in 2026**

### **9-12 Graders:**

- **Players are required to order team cleats in April through H. Mickel Sports. There will be 3 options of Adidas available ranging in price from \$75-\$130. Payments will be made directly to H. Mickel Sports.**
- **All players must have Khaki Pants/Jeans for game day plus a long sleeve white collared dress shirt.**

### **7-8 Graders:**

- **Players have the option of ordering cleats through H. Mickel Sports in April or getting their own BLACK cleats (preferably Adidas).**
- **All players must have Khaki pants/jeans for game day.**



## **2026 Football**



- All football players will be asked to participate in TWO fundraisers this year as we are revamping our helmets and ordering new uniforms.
- Any extra donations toward this effort will be greatly appreciated.
- We are also in desperate need for a gator/side-by-side to be used daily by our athletic program. We will be trying to find a way to secure this need.
- The Riverfield Football Club will be opening up in the spring for new memberships. Individual memberships are \$100 and corporate memberships are \$300. Members will get to have donuts with coaches on Thursdays at 7:45 in the cafeteria for the insights into the football program. This program helps to meet the needs for our Raiders.