

**RVHS Fall 2018**  
**Before School Begins**  
**Practice Schedules**

- **Football 3:30pm-5:30pm**
- **Field Hockey 8am-10am**
- **Girls Tennis 7pm-8:30pm**
- **Girls Volleyball 5:30pm-7:30pm**
- **Cross Country TBA**
- **Girls Golf TBA**

**[Coach Info](#)**

**[Athletic Clearance](#)**