



Catawba Ridge Football Rising 9th Grade Information

Workout Info/Important Dates	Team Spreadsheet	Team Email Sign-up
<p>Weight Room Workouts</p> <ul style="list-style-type: none">- Information will be communicated <p>On Field Work</p> <ul style="list-style-type: none">- Every Tuesday and Thursday in March. 4:15-5:45 <p>Spring Ball</p> <ul style="list-style-type: none">- Month of May.<ul style="list-style-type: none">- Team calendar will be emailed out at a later date.		