



**R&L Fusion Weekly Activities**  
**August 18-23, 2025**

**Mon, 8-18**

**\*\*JH/HS VB, XC, and FB and HS cheer practice after school @ Lambert. Leave time from Richey–after school (*R Bus-T Eggert and possibly the R Mini if necessary?*)**

**\*\*JH/HS XC practice @ Richey after school (*New Sub-T Rehbein*)**

**Tue, 8/19**

**\*\*HS XC practice @ 5:45 am in Richey. (*New Sub-T Rehbein*)**

**\*\*JH/HS FB practice @ 5:45 am in Lambert. Leave time from Richey–5:00 am (*R Mini-J Klempel*)**

**\*\*JH VB practice @ Richey after school (*IH-C Rehbein*)**

**\*\*HS VB and HS cheer practice after school @ Lambert (*Black Exp-D Trotter*)**

**Wed, 8/20**

**\*\*HS XC practice @ 5:45 am in Richey. (*New Sub-T Rehbein*)**

**\*\*HS FB practice @ 5:45 am in Lambert. Leave time from Richey–5:00 am (*R Mini-J Klempel*)**

**\*\*HS VB and HS cheer practice after school @ Lambert (*Black Exp-D Trotter*)**

**Thur, 8/21**

**\*\*JH/HS VB, FB and HS cheer practice after school @ Lambert. Leave time from Richey–after school (*R Bus-T Eggert*)**

**\*\*HS XC practice after school (*New Sub–T Rehbein*)**

**Fri, 8/22**

**\*\*JH/HS VB, FB and HS cheer practice @ 9:00 am @ Lambert. Leave time from Richey–8:20 am (*R Bus-T Eggert*)**

**\*\*JH/HS XC practice @ Richey @ 9:00 am. Leave time from Lambert–8:20 am (*New Sub–T Rehbein*)**

**Sat, 8/23**

**\*\*NO JH PRACTICES TODAY**

**\*\*HS VB, FB and HS cheer practice @ 9:00 am @ Lambert. Leave time from Richey–8:20 am (*R Bus-T Eggert*)**

**\*\*HS XC practice @ Richey @ 9:00 am. Leave time from Lambert–8:20 am (*New Sub–T Rehbein*)**