

LC FOOTBALL

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Spring Kickoff Meeting 7:30 PM	2	3	4
5 Spring Player pack orders must be submitted and ordered	6	7	8	9	10	11
12	13	14 Helmets Only = Players will coordinate which shorts and shirt are worn for practice	15 Full Pads Practice = Girdle under same- colored shorts, shoulder pads and helmet. Practice jersey	16	17	18
19	20	21 Gear Handout Hart Field Seniors 4:00 Juniors 4:45 Sophomores 5:30	22	23	24	25
26	27 <u>MEMORIAL DAY</u>	28 Spring Practice # 1 Helmets Only 3:05 – 5:45 PM	29 Practice # 2 Helmets Only 3:05 – 5:45 PM	30 Practice # 3 Helmets Only 3:05 – 5:45 PM	31 Practice # 4 Full Pads 3:05 – 5:45 PM	1

LC FOOTBALL

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Practice # 5 Full Pads 3:05 – 5:45 PM	Practice # 6 Full Pads 3:05 – 5:45 PM	Practice # 7 Full Pads 3:05 – 5:45 PM	Practice # 8 Full Pads 3:05 – 5:45 PM		
9	10	11	12	13	14	15
Graduation 11 AM The Podium	Practice # 9 Full Pads 3:05 – 5:45 PM	Practice # 10 Full Pads 3:05 – 5:45 PM	Practice # 11 Full Pads 3:05 – 5:45 PM	Practice # 12 Helmets 3:05 – 5:45 PM	LAST DAY OF SCHOOL	
16	17	18	19	20	21	22
	8:45 AM Bus Departure to Union Stadium 10:00 AM Scrimmages with Post Falls, Freeman, and Mead	9:00 AM – 12:00 PM Meetings/Scrimmage Film Review/Team Building “The First Day” TBD – Potential afternoon scrimmage at Central Valley	<u>JUNETEENTH</u>	8:45 AM Bus Departure to University HS 10:00 AM Scrimmages with Post Falls, Lakeland, and U-High		
23	24	25	26	27	28	29
Weight Room will consist of THREE 45- minute training groups. Based on age and timing needs.	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM		

LC FOOTBALL

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	2 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	3 OFF	4 OFF	5	6
7	8 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM SENIOR BOOK CLUB Chapters 1-3	9 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	10 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM <u>10:30 – Varsity 7on7 at U-High</u>	11 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM SENIOR BOOK CLUB Chapters 4-6	12	13
14	15 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM SENIOR BOOK CLUB Chapters 7-12	16 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	17 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM <u>10:30 – Varsity 7on7 at U-High</u>	18 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM SENIOR BOOK CLUB Chapters 13-18	19	20
21	22 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM SENIOR BOOK CLUB Chapters 19-24	23 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	24 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM <u>10:30 – Varsity 7on7 at U-High</u>	25 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM SENIOR BOOK CLUB Chapters 25-30	26	27
28	29 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM SENIOR BOOK CLUB Chapters 31-36 End of book celebration	30 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	31 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	1 Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM		

LC FOOTBALL

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM		
11	12	13	14	15	16	17
	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM	Speed and Strength 8:00 – 9 AM 8:45 – 9:45 AM		

WEDNESDAY AUGUST 21ST = FIRST DAY OF FALL FOOTBALL

FULL CALENDAR WILL BE POSTED AND SENT OUT IN JULY FOR OUR FALL CAMP.

BEGINNING ON AUGUST 21ST EVERYTHING IS MANDATORY ATTENDANCE.