

LC FRESHMAN

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	15	16	17	18
19	20	21	22	23 GEAR HANDOUT HART FIELD 3:45 – 5:15 PM (Parents please plan on waiting as it will not take entire time)	24	25
26	27 <u>MEMORIAL DAY</u>	28	29	30	31	1

LC FRESHMAN

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Helmets Only = Players will coordinate which shorts and shirt are worn for practice	3 Practice # 1 Helmets Only 4:00 – 5:45 PM	4 Practice # 2 Helmets Only 4:00 – 5:45 PM	5 Practice # 3 Helmets Only 4:00 – 5:45 PM	6 Practice # 4 Full Pads 4:00 – 5:45 PM	7	8
9 Full Pads Practice = Girdle under same-colored shorts, shoulder pads and helmet. Practice jersey	10 Practice # 5 Full Pads 4:00 – 5:45 PM	11 Practice # 6 Full Pads 4:00 – 5:45 PM	12 Practice # 7 Full Pads 4:00 – 5:45 PM	13 Practice # 8 Full Pads 4:00 – 5:45 PM	14 LAST DAY OF SCHOOL	15
16	17 Practice # 9 Full Pads 9:30 – 11:15 AM	18 Practice # 10 Full Pads 9:30 – 11:15 AM	19 <u>JUNETEENTH</u>	20 Practice # 11 Helmets Only 9:30 – 11:15 AM	21 Freshman Only Scrimmage at Post Falls HS Bus Departs 8:25 Scrimmage Starts 10:00 AM	22
23 Weight Room will consist of THREE 45-minute training groups. Based on age and timing needs.	24 Speed and Strength 9:30 – 10:30 AM	25 Speed and Strength 9:30 – 10:30 AM	26 Speed and Strength 9:30 – 10:30 AM	27 Speed and Strength 9:30 – 10:30 AM	28	29

LC FRESHMAN

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Speed and Strength 9:30 – 10:30 AM	2 Speed and Strength 9:30 – 10:30 AM	3 OFF	4 OFF	5	6
7	8 Speed and Strength 9:30 – 10:30 AM	9 Speed and Strength 9:30 – 10:30 AM	10 Speed and Strength 9:30 – 10:30 AM	11 Speed and Strength 9:30 – 10:30 AM	12	13
14	15 Speed and Strength 9:30 – 10:30 AM	16 Speed and Strength 9:30 – 10:30 AM	17 Speed and Strength 9:30 – 10:30 AM	18 Speed and Strength 9:30 – 10:30 AM	19	20
21	22 Speed and Strength 9:30 – 10:30 AM	23 Speed and Strength 9:30 – 10:30 AM	24 Speed and Strength 9:30 – 10:30 AM	25 Speed and Strength 9:30 – 10:30 AM	26	27
28	29 Speed and Strength 9:30 – 10:30 AM	30 Speed and Strength 9:30 – 10:30 AM	31 Speed and Strength 9:30 – 10:30 AM	1 Speed and Strength 9:30 – 10:30 AM		

LC FRESHMAN

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Speed and Strength 9:30 – 10:30 AM	6 Speed and Strength 9:30 – 10:30 AM	7 Speed and Strength 9:30 – 10:30 AM	8 Speed and Strength 9:30 – 10:30 AM	9	10
11	12 Speed and Strength 9:30 – 10:30 AM	13 Speed and Strength 9:30 – 10:30 AM	14 Speed and Strength 9:30 – 10:30 AM	15 Speed and Strength 9:30 – 10:30 AM	16	17

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.