**2018 LSW FOOTBALL SUMMER SCHEDULE**

SPRING MEETING- TBA

INFORMATIONAL FOR 10TH-12TH GRADERS ONLY

 7:20 MEET IN PRACTICE GYM

EQUIPMENT CHECK OUTS- ANYONE WHO NEEDS PADS FOR COLLEGE CAMPS-not 9th graders

ALL 10TH-12TH GRADERS WHO ARE PARTICPATING IN OUR LOCKERROM CAMP JUNE 4-8

CHECK OUT DATES- MAY 23 & 24TH AT 8:00AM MAY 23RD AT 12:15 (AFTER 2ND BLOCK FINAL)

MAY 29, 30, 31, & JUNE 1 OPEN WEIGHTROOM 8-NOON

 MAY 29 & 30- 9:00-10:15 FRESHMEN WEIGHTS- LEARN THE WORKOUT

JUNE 4, 5, 6, 7, 8 THE LOCKERROOM CAMP @ LSW 10-12TH GRADERS ONLY

 FULL PADDED CAMP FROM 8-10 DAILEY- LIFT AFTER

FRIDAY WE MAY SCRIMMAGE ANOTHER SCHOOL- @ SEACREST

9TH GRADERS LIFT AT 10:15 EVERYONE LIFT AT THE SAME TIME- MORE COACHES ON FIELD?

 9th GRADERS CAN SHOW UP EARLY AND WATCH OLDER GUYS CAMP!

JUNE 11, 12, 13, 14 REGULAR SUMMER WORKOUTS \*\*SEE BELOW

 3rd-7th GRADE YOUTH CAMP AT NIGHT 5:30-7:00 GOPO HOURS

JUNE 18, 19, 20, 21 REGULAR SUMMER WORKOUTS \*\*SEE BELOW

 JUNE 21 IS 7V7 STATE CHAMPIONSHIPS IN OMAHA- ONLY SELECTED GO!!

JUNE 25, 26, 27, 28, 29 LSW FOOTBALL SUMMER CAMP

10-12TH GRADE 8-10AM LIFT AFTER CAMP

 8-9TH GRADE 10-NOON LIFT BEFORE CAMP

JULY 2, 3, 4, 5, 6 OPEN WEIGHTROOM 8-NOON \*NO FIELD WORK!!!

JULY 9, 10, 11, 12 REGULAR SUMMER WORKOURS \*\*SEE BELOW

JULY 16, 17, 18, 19 REGULAR SUMMER WORKOURS \*\*SEE BELOW

JULY 23, 24, 25, 26 REGULAR SUMMER WORKOURS \*\*SEE BELOW

JULY 30, 31, AUG 1 LSW COMBINE-MORE DETAILS TO COME

AUGUST 2ND EQUIPMENT & LOCKER CHECKOUTS

\*ALL PLAYERS MUST HAVE PHYSICAL COMPLETED BEFORE ANYTHING WILL BE CHECKED OUT

SENIORS 8:30-8:45, JUNIORS 8:45-9:00, SOPHOMORES, 9:00-9:15, FRESHMEN 9:15-9:45

AUGUST 6TH FIRST DAY OF PRACTICE

AUGUST 17TH VARSITY SCRIMMAGE 4:30 AT LSW

AUGUST 20 GAME WEEK AUGUST 24TH NORTHSTAR

\*\*REGULAR SUMMER WORKOUTS 10TH-12TH GRADE 7:45-9:00 LIFT

 9TH-12TH GRADE 9:00-10:15 ON THE FIELD

 9TH GRADE 10:15-11:30 LIFT