

Middle School North 7th and 8th Grade Football 2023

Highly recommended summer workout: (Monday / Wednesday / Friday)

- Stretch
- 15 push-ups / 20 sit ups / 20 jumping jacks (4 count)
- 5 minute jog
- 20 yard sprints x10
- 15 push-ups / 20 sit ups / 20 jumping jacks (4 count)
- 5 minute jog
- 50 yard sprints x5
- 15 push-ups / 20 sit ups / 20 jumping jacks (4 count)
- 10 minute jog
- Stretch

Fall agenda – Before School Begins:

<u>Date:</u>	<u>Time:</u>	<u>Location:</u>	<u>Activity:</u>
8/23	3:00 – 5:30 pm	MSN Grass Field	Conditioning (mandatory) Locker Hand Out
8/24	3:00 – 5:30pm	MSN Grass Field	Conditioning (mandatory) Helmet Hand Out
8/25	3:00 – 5:30pm	MSN Grass Field	Conditioning (mandatory)
8/28	3:00 – 5:30pm	MSN Boys Locker Room:	Shoulder Pad Handouts
8/29	3:00 - 5:30pm	Hand out remaining equipment:	MSN Grass Field
8/30	3:00 – 5:30pm	Full Pads	MSN Grass Field
8/31	3:00 – 5:30pm	Full Pads	MSN Grass Field
9/1	No Practice for Players and Coaches		

** 3 days of Conditioning is required for all players before any equipment is handed out

** Players who do not attend the conditioning practices will be responsible for making up that time.

School Begins on Tuesday September 5th

(First Week of School)

9/5	NO PRACTICE	½ DAY OF SCHOOL FOR STUDENTS	
9/6	2:04 – 4:15pm	MSN Grass Field	Practice
9/6	3:04 – 5:15pm	MSN Grass Field	Practice
9/7	3:04 – 5:15pm	MSN Grass Field	Practice
9/8	3:04 – 5:15pm	MSN Grass Field	Practice

Mandatory Parent and Player Meeting in Gym after practice on Sept. 14th at 5:30pm

9/11	3:05 – 5:15pm	MSN Grass Field	Practice
9/12	3:05 – 5:15pm	PRE-Season Scrimmage vs. Seneca	@ Seneca
9/13	2:04 – 4:15pm	MSN Grass Field	Practice
9/14	3:05 – 5:15pm	MSN Grass Field	Practice – <u>parent meeting follows</u>
9/15	3:05 – 5:15pm	MSN Grass Field	Practice
9/18	3:30 – 5:15pm	Pre-Game Practice	
9/19	Game Week #1- AWAY VS. DAVIS MS		

Contact Information:

Mr. Lorenzo – Athletic Director/Football Coach Email: lorenbr@lc-ps.org, ALSO “REMIND” Sign Up’s Will Be SENT Home Early on in During Practice.

ALL PLAYERS MUST HAVE A SPORTS PHYSICAL WITH THEM AT THE FIRST DAY OF CONDITIONING. ANY PLAYER WHO DOES NOT BRING THEIR COMPLETED SPORTS PHYSICAL WILL NOT BE ALLOWED TO PARTICIPATE UNTIL THE FORM IS TURNED IN. IT MUST BE DATED AFTER APRIL 15, 2023.

