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**Lancer 7<sup>th</sup> and 8<sup>th</sup> grade Football practice schedule- 2018 up to 1<sup>st</sup> game**

1<sup>st</sup> day of practice – Thursday, Aug. 23<sup>rd</sup>, 4:00pm – 5:30pm

2<sup>nd</sup> day of practice – Friday, Aug. 24<sup>th</sup>, 8:00am – 9:30am

Monday, Aug. 27<sup>th</sup>, 4:00pm – 5:30pm **GEAR HANDOUT**

Tuesday, Aug. 28<sup>th</sup> – Thursday, Aug. 30<sup>st</sup>, 3:45pm- 5:30pm

Friday, Aug. 31<sup>st</sup>, 6:30am – 8:00am

Labor Day Monday, Sept. 3<sup>rd</sup>, 4:00pm – 5:00pm Make-up practice/Optional

**Starting September 4<sup>th</sup> will start regular practice schedule.**

Mondays – Thursdays 3:45pm – 5:30pm

Fridays – Mornings 6:30am – 8:00am

**Football Parent Meeting in the GYM - TBD**

**LINCOLN LANCERS 1<sup>st</sup> game will be September 12<sup>th</sup>.**

**7<sup>th</sup> Grade 4:00pm & 8<sup>th</sup> Grade 6:00pm**

\*All players **MUST** have 12 practices to be able to compete in their 1<sup>st</sup> Game

\*\*T-shirt, shorts, and tennis shoes/cleats should be worn on 1<sup>st</sup> practice. Gear handout will occur Monday, August 27<sup>th</sup>, 4:00pm. LMS provides the football helmets, shoulder pads, pants, and girdle. Athletes must have mouth guards, practice jersey and 8<sup>th</sup> graders will need knee pads (volleyball style).

\*\*\* **Make sure that your physical/athletic forms (emergency contacts/etc.) are up to date**

Please contact Ben Leavitt or Darin McCall with any questions: 509-758-5506