

2020 Lincoln Middle School Football Workouts

What: Players will be introduced to stretching routines, fundamental football drills, and conditioning.

Why: To prepare players to be successful in the LMS / Bantam Football Program and have Physical and all Forms completed. These practices may also count towards a possible season happening during the early spring of 2021.

When: October 1st – October 17th

“A day” kids on Monday/Thursday and “B day” kids on Tuesday/Friday.

Where: Lincoln Middle School

Time: 3:45 – 4:45

Bring: Shorts or sweats, t-shirt and shoes and/or cleats. (We will not use helmets or shoulder pads. Non-Contact Workouts)

Important Details Parents: All 7th and 8th grade players will need a:

- **CURRENT PHYSICAL**
- **COMPLETE ATHLETIC FORMS through Skyward**
- **COVID Screening Form-get from office or Coach Leavitt/McCall**

All forms must be completed prior to first day of workouts.

Please contact Coach Leavitt/Coach McCall for further details-
leavittb@csdk12.org or mccalld@csdk12.org 509-758-5506.

