

Middle School North 7th and 8th Grade Football 2024

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> |
|--------------|----------------|-------------------------------|--|
| 8/22 | 3:00 – 5:30 pm | MSN Grass Field | Conditioning (mandatory) Locker Hand Out |
| 8/23 | 3:00 – 5:30pm | MSN Grass Field | Conditioning (mandatory) Helmet Hand Out |
| 8/26 | 3:00 – 5:30pm | MSN Grass Field | Conditioning (mandatory) |
| 8/27 | 3:00 – 5:30pm | MSN Boys Locker Room: | Shoulder Pad Handouts |
| 8/28 | 3:00 - 5:30pm | Hand out remaining equipment: | MSN Grass Field |
| 8/29 | 3:00 – 5:30pm | Full Pads | MSN Grass Field |
| 9/3 | 3:00 – 5:30pm | Full Pads | MSN Grass Field |
| 9/4 | 2:04 – 4:15pm | MSN Grass Field | For Practice |

** 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 Monday August 26th

(First Week of School)

| | | | |
|------|-----------------------------------|-----------------|-------------------|
| 9/5 | 3:04 – 5:15pm | MSN Grass Field | Practice |
| 9/6 | 3:04 – 5:15pm | MSN Grass Field | Practice |
| 9/9 | 3:04 – 5:15pm | MSN Grass Field | Practice |
| 9/10 | PRE-Season Scrimmage vs. Iroquois | @ Iroquois | |
| 9/11 | 6:45 AM – 7:45 AM | LCN Turf Field | Practice |
| 9/12 | 3:04 - 5:15 pm | MSN Grass Field | Practice |
| 9/13 | 3:04 – 5:15pm | MSN Grass Field | Practice |
| 9/16 | 3:05 – 5:15pm | LCN Turf Field | Pre-Game Practice |
| 9/17 | 3:05 – 5:15pm | Game Week #1 | Home vs. Seneca |

Contact Information:

Mr. Lorenzo – Athletic Director/Football Coach: Email: lorenbr@lc-ps.org, ALSO “REMIND”
[Sign Up Information Will Be Sent Home During the First Few Practices. Please don’t Forget to Sign-up.](#)

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, 2024.