

Middle School North 7th and 8th Grade Football 2025

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:

Date: Time: Location: Activity:

School Begins on Monday August 25th:

8/21	3:00 – 5:30 pm	MSN Grass Field Conditioning (mandatory)	Locker Hand Out
8/22	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	Half Day Labor Day Weekend		
9/2	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	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.

(Practice Continues)

9/5	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. 8th at 5:30pm

9/9	PRE-Season Scrimmage vs. Iroquois @ Iroquois		
9/10	6:45 AM – 7:45 AM	LCN Turf Field	Practice
9/11	3:04 - 5:15 pm	MSN Grass Field	Practice
9/12	3:04 – 5:15pm	MSN Grass Field	Practice
9/15	3:05 – 5:15pm	LCN Turf Field	Pre-Game Practice
9/16	3:05 – 5:15pm	Game Week #1	AWAY 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, 2025.