

2023 LC Freshman Football Spring Schedule

May/June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
28	29 Memorial Day	May 30 <i>3:45-5:30</i> <i>Gear Issue for incoming Freshmen</i>	31 Practice 4:00 – 5:30	1 Practice 4:00 – 5:30	2 Practice 4:00 – 5:30	3
4	5 Practice 4:00 – 5:30	6 Practice 4:00 – 5:30	7 Practice 4:00 – 5:30	8 Practice 4:00 – 5:30	9	10
11	12 Practice 4:00 – 5:30	13 Practice 4:00 – 5:30	14 Practice 4:00 – 5:30	15	16	17
18	19 No School Juneteenth	20 Last Day of School	21 Scrimmage vs. Other Schools TBD	22 Scrimmage vs. Other Schools TBD	23	24
25	26 Summer Speed & Strength 8:00 – 10:00	27 Summer Speed & Strength 8:00 – 10:00	28 Summer Speed & Strength 8:00 – 10:00	29 Summer Speed & Strength 8:00 – 10:00	30	1

2023 LC Freshman Football Summer Schedule

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
2	3 Summer Speed & Strength 8:00 – 10:00	4 4th of July No Speed & Strength	5 Summer Speed & Strength 8:00 – 10:00	6 Summer Speed & Strength 8:00 – 10:00	7	8
9	10 Summer Speed & Strength 8:00 – 10:00	11 Summer Speed & Strength 8:00 – 10:00	12 Summer Speed & Strength 8:00 – 10:00	13 Summer Speed & Strength 8:00 – 10:00	14	15
16	17 Summer Speed & Strength 8:00 – 10:00	18 Summer Speed & Strength 8:00 – 10:00	19 Summer Speed & Strength 8:00 – 10:00	20 Summer Speed & Strength 8:00 – 10:00	21	22
23	24 Summer Speed & Strength 8:00 – 10:00	25 Summer Speed & Strength 8:00 – 10:00	26 Summer Speed & Strength 8:00 – 10:00	27 Summer Speed & Strength 8:00 – 10:00	28	29

2023 LC Freshman Football Summer Schedule

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
30	31	1	2	3	4	5
6	7	8	9 Each player must have 8 practices to compete in the jamboree and 12 to play in game #1	10 Be sure to sign up for fall football on Final Forms	11 Be sure to purchase your GSL card	12
13	14 Conditioning Baseline testing Final Forms Check-off 9:00 -10:30 a.m. @ Hart Field	15 Conditioning Baseline testing Final Forms Check-off 9:00 -10:30 a.m. @ Hart Field	16 Practice #1 9:00 – 11:30	17 Practice #2 9:00 – 11:30	18 Practice #3 9:00 – 11:30	19 Practice #4 9:00 – 11:00
20	21 Practice #5 9:00 – 11:30	22 Practice #6 9:00 – 11:30	23 Practice #7 9:00 – 11:30	24 Practice #8 9:00 – 11:30	25 Picture day Jamboree 3:15 @ Shadle	26 Practice #10 9:00 – 11:00
27	28 Practice #11 3:00 – 5:00	29 Practice #12 3:00 – 5:00	30 Practice #13 3:00 – 5:00	31 Game #1 @ Ferris H.S.	1 Practice #15 3:00 – 4:30	2 Note: game 1 may be changed to Saturday 9/2 if Ferris agrees