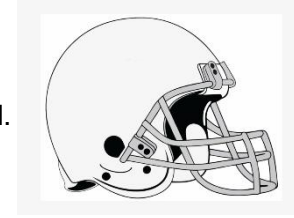


Lancaster 7th Grade Junior High Football

All dates & times subject to change. Workouts, camps, practice held at GSJH unless otherwise noted.

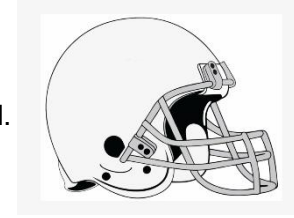


June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Summer Workout 10:00 – 11:30	21 Summer Workout 10:00 – 11:30	22 Summer Workout 10:00 – 11:30	23 Summer Workout 10:00 – 11:30	24 OFF	25
26	27 Equipment/ Workout 10:00 – 12:00	28 CAMP 10 AM – 12 PM	29 CAMP 10 AM – 12 PM	30 CAMP 10 AM – 12 PM		

Lancaster 7th Grade Junior High Football

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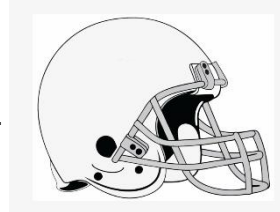


July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFF	2
3	4 OFF	5 OFF	6 OFF	7 OFF	8 OFF	9
10	11 CAMP 10 AM – 12 PM	12 CAMP 10 AM – 12 PM	13 CAMP 10 AM – 12 PM	14 CAMP 10 AM – 12 PM	15 OFF	16
17	18 CAMP 10 AM – 12 PM	19 CAMP 10 AM – 12 PM	20 CAMP 10 AM – 12 PM	21 CAMP 10 AM – 12 PM	22 OFF	23
24	25 CAMP 10 AM – 12 PM	26 Jr. Gales Camp @ Fulton Field 6 PM – 8 PM	27 Jr. Gales Camp @ Fulton Field 6 PM – 8 PM	28 Jr. Gales Camp @ Fulton Field 6 PM – 8 PM	29 OFF	30

Lancaster 7th Grade Junior High Football

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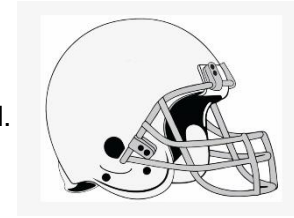


August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 3:30 – 5:30	2 Practice 3:30 – 5:30	3 Practice 3:30 – 5:30	4 Practice 3:30 – 5:30	5 Practice 3:30 – 5:30	6
7	8 Practice 3:30 – 5:30	9 Practice 3:30 – 5:30	10 Practice 3:30 – 5:30	11 Practice 3:30 – 5:30	12 Practice 3:30 – 5:30	13 Pictures TBA
14	15 Practice 3:30 – 5:30	16 Practice 3:30 – 5:30	17 Scrimmage 5:30 @ TEJH	18 Practice/Film TBA	19 Practice 3:30 – 5:00	20
21	22 Practice 3:30 – 5:30	23 Practice 3:30 – 5:30	24 Game 1 5:30 TBA	25 Practice/Film TBA	26 Practice 3:30 – 5:00	27
28	29 Practice 3:30 – 5:30	30 Practice 3:30 – 5:30	31 Game 2 5:30 TBA	1 Practice/Film TBA	2 Practice 3:30 – 5:00	3

Lancaster 8th Grade Junior High Football

All dates & times subject to change. Workouts, camps, practice held at GSJH unless otherwise noted.

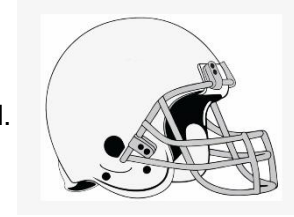


June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Summer Workout 10:00 – 11:30	21 Summer Workout 10:00 – 11:30	22 Summer Workout 10:00 – 11:30	23 Summer Workout 10:00 – 11:30	24 OFF	25
26	27 Equipment/ Workout 10:00 – 12:00	28 CAMP 10 AM – 12 PM	29 CAMP 10 AM – 12 PM	30 CAMP 10 AM – 12 PM		

Lancaster 8th Grade Junior High Football

All dates & times subject to change. Workouts, camps, practice held at GSJH unless otherwise noted.

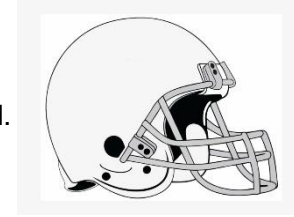


July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFF	2
3	4 OFF	5 OFF	6 OFF	7 OFF	8 OFF	9
10	11 CAMP 10 AM – 12 PM	12 CAMP 10 AM – 12 PM	13 CAMP 10 AM – 12 PM	14 CAMP 10 AM – 12 PM	15 OFF	16
17	18 CAMP 10 AM – 12 PM	19 CAMP 10 AM – 12 PM	20 CAMP 10 AM – 12 PM	21 CAMP 10 AM – 12 PM	22 OFF	23
24	25 CAMP 10 AM – 12 PM	26 Jr. Gales Camp @ Fulton Field 6 PM – 8 PM	27 Jr. Gales Camp @ Fulton Field 6 PM – 8 PM	28 Jr. Gales Camp @ Fulton Field 6 PM – 8 PM	29 OFF	30

Lancaster 7th Grade Junior High Football

All dates & times subject to change. Workouts, camps, practice held at GSJH unless otherwise noted.



August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 3:30 – 5:30	2 Practice 3:30 – 5:30	3 Practice 3:30 – 5:30	4 Practice 3:30 – 5:30	5 Practice 3:30 – 5:30	6
7	8 Practice 3:30 – 5:30	9 Practice 3:30 – 5:30	10 Practice 3:30 – 5:30	11 Practice 3:30 – 5:30	12 Practice 3:30 – 5:30	13 Pictures TBA
14	15 Practice 3:30 – 5:30	16 Practice 3:30 – 5:30	17 Practice 3:30 – 4:30	18 Scrimmage 5:30 @ GSJH	19 Practice/Film TBA	20
21	22 Practice 3:30 – 5:30	23 Practice 3:30 – 5:30	24 Practice 3:30 – 4:30	25 Game 1 5:30 TBA	26 Practice/Film TBA	27
28	29 Practice 3:30 – 5:30	30 Practice 3:30 – 5:30	31 Practice 3:30 – 4:30	1 Game 2 5:30 TBA	2 Practice/Film TBA	3