

June

LANCASTER FRESHMAN FOOTBALL

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Weights 300pm -4:15pm Camp 4:15-530pm	6 Weights 300-430pm Conditioning 430-500 Meeting 500-530pm	7 Weights 300pm-4:15pm Camp 4:15-530pm	8 Weights 300pm-430pm Conditioning 430-500 Meeting 500-530pm	9	10
11	12 Weights 300pm -4:15pm Camp 4:15-530pm	13 Weights 300-430pm Conditioning 430-500 Meeting 500-530pm	14 Weights 300pm-4:15pm Camp 4:15-530pm	15 Weights 300-430pm Conditioning 430-500 Meeting 500-530pm	16	17
18	19 Weights 300pm -4:15pm Camp 4:15-530pm	20 Weights 300pm-430pm Conditioning 430-500 Meeting 500-530pm	21 Weights 300pm-4:15pm Camp 4:15-530pm	22 Weights 300pm-430pm Conditioning 430-500 Meeting 500-530pm	23	24
25	26 Weights 300pm -4:15pm Camp 4:15-530pm	27 Weights-300pm-430pm Conditioning 430-500 Meeting 500-530pm	28 Weights 300pm-4:15pm Camp 4:15-530pm	29 Weights 300pm-4:15pm Camp 4:15-530pm	30	

These times could be subject to change. Coach Andy Solt 740-808-2240 /coachsoltg7@gmail.com/Twitter-gthgradefootball@LHS

July

LANCASTER FRESHMAN FOOTBALL

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Off	3	4 Parade. Be there if in town please.	5 Off	6 Off	7	8
9 Camp – 300-600pm	10 Camp 300-600pm	11 Camp 300-600pm	12 Camp 300-600pm	13 Camp 300-600pm	14 Off	15
16 Weight Room. 300-445pm	17 Camp 300-600pm	18 Camp 300-600pm	19 Camp 300-600pm	20 Camp 300-600pm	21 Off	22
23 Camp 300-600pm	24 Camp 300-600pm	25 Camp 300-600pm	26	27	28	29
30 Practice 3-6pm	31					

These times & Date are subject to change, but we will be keeping the same if possible.

August

2023

Coach Solt -740-808-2240

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 3-6PM	2 Practice 3-6pm	3 Practice 3-6pm	4 Practice 3-6pm	5 TBA- Scrimmage
6 Practice 3-6pm	7 Practice 3-6pm	8 Practice 3-6pm	9 Practice 3-6pm	10 Scrimmage Vs Liberty TIME TBA	11 Practice 3-6pm	12 Practice 10-1pm
13 Practice 3-6pm	14 Practice 3-6pm	15 Practice 3-6pm	16 Practice 3-6pm	17 Practice 3-445pm	18 Off	19 Week 1 @Teays Valley TBA
20 Practice 3-6pm	21 Practice 3-6pm	22 Practice 3-6pm	23 Practice 3-445pm	24 Week 2 Vs Hamilton Township @5pm on grass field.	25 Off	26 Off
27 Practice 3-6pm	28 Practice 3-6pm	29 Practice 3-6pm	30 Practice 3-6pm	31 Practice 3-445pm		