

Forms on Longmeadowfootball.com

Top tab "Gridiron News" then dropdown to "Gridiron Club Documents"

Sun. June 17 730am	Central High School New England Regional Tournament
CANCELLED Not enough LHS player sign ups	if signed up for Summer Passing League 7v7 below in red automatically in - More info on Home Page
	LongmeadowFootball.com (see link)

Mon. June 18 230pm	Seniors Equipment Distribution
Tues. June 19 230pm	Juniors Equipment Distribution
Wed. June 20 230pm	Sophomores Equipment Distribution
Wed. June 20 530pm-730pm	GRIDIRON CAMP @ LHS 8/8/2018 is last Wednesday
Thurs. June 21 330pm	Freshmen Equipment Distribution
Mon. June 25 3:30pm-5pm	Summer Open Weight Room \$25 for entire summer (Form on Longmeadowfootball.com)
Mon. June 25 5pm-8pm	Summer Passing League Holyoke High School 7v7 (Form on Longmeadowfootball.com)☒

Mon. June 25 MAX BURGER FUNDRAISER

Tues. June 26 3:30pm-5pm	Summer Open Weight Room
Wed. June 27 3:30pm-5pm	Summer Open Weight Room
Wed. June 27 530pm-730pm	GRIDIRON CAMP @ LHS 8/8/2018 is last Wednesday
Thurs. June 28 3:30pm-5pm	Summer Open Weight Room
Fri. June 29 3:30pm-5pm	Summer Open Weight Room
Mon. July 2 3:30pm-5pm	Summer Open Weight Room
Mon. July 2 5pm-8pm	Summer Passing League Holyoke High School 7v7 8/6/2018 is last Monday
Tues. July 3 3:30pm-5pm	Summer Open Weight Room
Wed. July 4 3:30pm-5pm	Summer Open Weight Room
Wed. July 4 530pm-730pm	HOLIDAY NO GRIDIRON TODAY
Thurs. July 5 3:30pm-5pm	Summer Open Weight Room
Fri. July 6 3:30pm-5pm	Summer Open Weight Room

SAT. JULY 6 APPAREL ORDER DUE TO SHEILA GREGORI - Form on Longmeadowfootball.com

SAT. JULY 6 LETERMEN JACKET ORDER DUE TO JOANNE HEAP - Form on Longmeadowfootball.com

DON'T FORGET TO REGISTER FOR LHS FOOTBALL <https://lhs.longmeadow.k12.ma.us/athletics>**Must have a physical on file from within the past 13 months or not eligible to play**

Mon. July 9 8am-10am or 10am-12pm	LHS Weight / Fitness Room with Coach Williams / \$10 per day STARTS 7/9/2018
Mon. July 9 3:30pm-5pm	Summer Open Weight Room
Mon. July 9 5pm-8pm	Summer Passing League Holyoke High School 7v7 ☒ 8/6/2018 is last Monday
Tues. July 10 8am-10am or 10am-12pm	LHS Weight / Fitness Room with Coach Williams / \$10 per day
Tues. July 10 3:30pm-5pm	Summer Open Weight Room
Wed. July 11 8am-10am or 10am-12pm	LHS Weight / Fitness Room with Coach Williams / \$10 per day
Wed. July 11 3:30pm-5pm	Summer Open Weight Room
Wed. July 11 530pm-730pm	GRIDIRON CAMP @ LHS 8/8/2018 is last Wednesday
Thurs. July 12 8am-10am or 10am-12pm	LHS Weight / Fitness Room with Coach Williams / \$10 per day
Thurs. July 12 3:30pm-5pm	Summer Open Weight Room
Fri. July 13 8am-10am or 10am-12pm	LHS Weight / Fitness Room with Coach Williams / \$10 per day
Fri. July 13 3:30pm-5pm	Summer Open Weight Room

Sat. July 14 TIME TBD **NORTHEAST 7v7 EXETER, NEW HAMPSHIRE** (Form on Longmeadowfootball.com)

Mon. July 16 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Mon. July 16 3:30pm-5pm Summer Open Weight Room

Mon. July 16 5pm-8pm Summer Passing League Holyoke High School 7v7 ☒ **8/6/2018 is last Monday**

Tues. July 17 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Tues. July 17 3:30pm-5pm Summer Open Weight Room

Wed. July 18 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Wed. July 18 3:30pm-5pm Summer Open Weight Room

Wed. July 18 530pm-730pm GRIDIRON CAMP @ LHS **8/8/2018 is last Wednesday**

Thurs. July 19 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Thurs. July 19 3:30pm-5pm Summer Open Weight Room

Fri. July 20 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Fri. July 20 3:30pm-5pm Summer Open Weight Room

Mon. July 23 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Mon. July 23 3:30pm-5pm Summer Open Weight Room

Mon. July 23 5pm-8pm Summer Passing League Holyoke High School 7v7 ☒ **8/6/2018 is last Monday**

Tues. July 24 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Tues. July 24 3:30pm-5pm Summer Open Weight Room

Wed. July 25 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Wed. July 25 3:30pm-5pm Summer Open Weight Room

Wed. July 25 530pm-730pm GRIDIRON CAMP @ LHS **8/8/2018 is last Wednesday**

Thurs. July 26 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Thurs. July 26 3:30pm-5pm Summer Open Weight Room

Fri. July 27 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Fri. July 27 3:30pm-5pm Summer Open Weight Room

Mon. July 30 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Mon. July 30 3:30pm-5pm Summer Open Weight Room

Mon. July 30 5pm-8pm Summer Passing League Holyoke High School 7v7 ☒ **8/6/2018 is last Monday**

Tues. July 31 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Tues. July 31 3:30pm-5pm Summer Open Weight Room

Wed. Aug. 1 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Wed. Aug. 1 3:30pm-5pm Summer Open Weight Room

Wed. Aug. 1 530pm-730pm GRIDIRON CAMP @ LHS **8/8/2018 is last Wednesday**

Thurs. Aug. 2 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Thurs. Aug. 2 3:30pm-5pm Summer Open Weight Room

Fri. Aug. 3 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Fri. Aug. 3 3:30pm-5pm Summer Open Weight Room

Mon. Aug. 6 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Mon. Aug. 6 3:30pm-5pm Summer Open Weight Room

Mon. Aug. 6 5pm-8pm Summer Passing League Holyoke High School 7v7  **LAST ONE *******

Tues. Aug. 7 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Tues. Aug 7 3:30pm-5pm Summer Open Weight Room

Wed. Aug. 8 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Wed. Aug. 8 3:30pm-5pm Summer Open Weight Room

Wed. Aug. 8 530pm-730pm GRIDIRON CAMP @ LHS **LAST ONE *******

Thurs. Aug. 9 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Thurs. Aug. 9 3:30pm-5pm Summer Open Weight Room

Fri. Aug. 10 **NO WEIGHTS TODAY IN MORNING**

FRI Aug. 10 730am-230pm **WING T CAMP @ LHS**

SAT Aug. 11 730am-230pm **WING T CAMP @ LHS**

Mon. Aug. 13 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Mon. Aug. 13 3:30pm-5pm Summer Open Weight Room

Tues. Aug. 14 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Tues. Aug 14 3:30pm-5pm Summer Open Weight Room

Wed. Aug. 15 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Wed. Aug. 15 3:30pm-5pm Summer Open Weight Room

Thurs. Aug. 16 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Thurs. Aug. 16 3:30pm-5pm Summer Open Weight Room

Fri Aug. 17 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

Fri Aug. 17 3:30pm-5pm Summer Open Weight Room

**FOR OFFICIAL PRACTICES WITH BREAKDOWN SEE EMAIL ATTACHMENT FROM JOANNE FROM beginning of June
Attachment titled: Pre-Season Draft Schedule from Coach St. George**

Additional important dates incorporated below - Srimmmages etc.

Thurs. AUG 16 4pm-6:30pm YOUTH CLINIC HELMETS ONLY LHS

Thurs. Aug. 16 8am-10am LHS Weight / Fitness Room with Coach Williams / \$10 per day
or 10am-12pm

**FRI AUG 17 CHOICE OF POTLUCK DISH DUE TO JEN SZYLUK for Tues. 8/21/2018
Form is on Longmeadowfootball.com website regarding KICKOFF DINNER**

FRI AUG 17 2pm-6:15pm FIRST OFFICIAL PRACTICE - HELMETS ONLY Offense

SAT AUG 18 8am-1245pm SECOND OFFICIAL PRACTICE - HELMETS ONLY

MON	AUG 20	2pm-6:15pm	THIRD OFFICIAL PRACTICE - HELMETS ONLY	Offense
TUES	AUG 21	3pm-6:15pm	FOURTH OFFICIAL PRACTICE	Defense
TUES	AUG 21	7pm	FAMILY KICKOFF TEAM DINNER Parents with Dishes arrive at 6:30pm Fall New Apparel Orders and Stadium Jackets Orders (including Freshmen)	
WED	AUG 22	2pm-6:15pm	FIFTH OFFICIAL PRACTICE GOLDCARD ATHLETIC CARDS FUNDRAISER KICKOFF AT PRACTICE will have upcoming checkpoints to collect funds from cards sold Goals are set for players Prepare for BLITZ DAY to sell cards by neighborhood on Saturday, 9/8/18	Punt & Kick Return
THURS	AUG 23	3pm-6:30pm	SIXTH OFFICIAL PRACTICE - FULL PADS	Defense
FRI	AUG 24	9am-10:30am	AM SESSION - NO PADS	Walk Through
		3pm-6:30pm	PM SESSION - PM PADS	Defense
			SENIOR BIO FORMS DUE TO GO TO PRINT FOR PROGRAM	
SAT	AUG 25	9am	SCRIMMAGE vs Enfield at Enfield High School BUS LEAVES LHS TO ENFIELD HIGH at 9:15am go home to shower	
SAT	AUG 25	TBD	TEAM TRIP TO UMASS BUS FROM LHS TO UMASS UMASS vs DUQUESNE BBQ at LHS Before leaving for game	
SUN	AUG 26	2pm-4pm	TEAM LIFT & STRETCH First Sunday Lift Day	
MON	AUG 27	2:45pm-5:30pm	PRACTICE - FULL PADS	Offense
TUES	AUG 28	2:30pm	SCRIMMAGE vs WACONNAH at HOME - LHS Film at 2:30pm scrimmage starts at 4pm TEAM TRADITION: Every Tuesday after practice Peppa's Pizza in East Long. All you can eat pizza slices and drink for \$8.00	
WED	AUG 29	2:45pm-5:30pm	PRACTICE GOLDCARD ATHLETIC CARDS CHECKPOINT	Defense
THURS	AUG 30	3pm-5:15pm	PRACTICE - FULL PADS - FIRST DAY OF SCHOOL	Defense
FRI	AUG 31	BUS TBD	AWAY SCRIMMAGE vs NASHOBA BUS LEAVES LHS TO NASHOBA	
SUN	SEP 2	2pm-4pm	TEAM LIFT & STRETCH Sunday Lift Day	
MON	SEP 3	8am-5:30pm	LABOR DAY PRACTICE - FULL PADS	

Practices then continue on each day M-F & Sundays Team Lift

Schedule M-W

245-3pm Meeting
3:15 Dynamic Stretch
530pm Break

Tuesdays Varsity Lift

Wednesdays JV Lift

Thursdays No Meeting begin at 245pm Break at 5pm

Daily Routine

Monday Review & **JV GAME**
Tuesday Offense

Peppas Pizza after Practice

Wednesday Defense

Thursday Game Review

Friday **GAME DAY**

Saturday Family Time

Sunday Lift & Stretch 2pm-4pm

**FOR OFFICIAL PRACTICES WITH BREAKDOWN SEE EMAIL ATTACHMENT FROM JOANNE FROM beginning of June
Attachment titled: Pre-Season Draft Schedule from Coach St. George**

WED SEPT 5 GOLDCARD ATHLETIC CARDS CHECKPOINT AFTER PRACTICE

**SAT SEPT 8 BLITZ DAY - GOLDCARD ATHLETIC CARDS Team goes out to neighborhoods
Meet at LHS at 8:45am**

TBD Picture Day Prior to Programs going to print

TBD Sophomore Shave Caitlin Cronan (Lachlan Berry)

TBD Wounded Warrior / Veterans in November at Greenwood

TBD Armatas Hot Dog Sales

Freshmen Team Dinners day before Freshmen Game

Sign ups taken at Kick Off Dinner

Varsity Team Dinner day before Varsity Game

Sign ups taken at Kick Off Dinner

TBD PLAYOFFS

TBD SUPERBOWL

FRI OCT 26 SENIOR NIGHT AT LHS - ALL PLAYERS AND FAMILY before Varsity Game

THURS NOV 22 THANKSGIVING GAME vs East Longmeadow AWAY at ELHS

WED DEC 5 BANQUET TWIN HILLS COUNTRY CLUB