



LUTHERAN HIGH SCHOOL

Football

Typical Football Week Schedule

Monday	JV Game Night
3:20	- Team Meeting
3:45	- JV Issue game uniforms / eat / dress
	- Varsity meeting / Study Table
5:00	- Varsity practice / condition
6:00	- Varsity Players depart field / classroom
Tuesday	Offense / Defense / Special Team Practice
3:20	- Report to Study Table
4:00	- Dress for practice
4:10	- On field for specialties / Flex
4:25	- Defense / Special Teams Practice
6:30	- Team departs practice field
Wednesday	Offense / Defense / Special Team Practice
3:20	- Report to Study Table
4:00	- Dress for practice
4:10	- On field for specialties / Flex
4:25	- Offense / Special Teams Practice
6:30	- Team departs practice field
Thursday	Pre-Game / Review Game Plan
3:20	- Report to Study Table
4:00	- Dress for practice
4:10	- On field for specialties / Flex
4:20	- Pre-Game Practice - Review Game Plan
6:30	- Team departs game field
Friday	Varsity Game Night
3:15	- Pre-Game Meal / Pre-Game Preparation
4:30	- On-Field Walk-Thru
5:00	- Dress / Taping
6:00	- Take Field
	- Times adjusted according to need / travel
7:00	- Kickoff
Saturday	Varsity Film / JV Practice- Game Prep
9:00	- Varsity Meeting / Film
9:00	- JV Practice / Pre-Game Walk-Thru
TBD	- Players Crews work Jr. Saint Football

Sunday Worship / Rest / Relaxation / Family Time