

Lakeville North Youth Football

4th Grade Information Page

Fall 2025 Season | Days: Mondays & Tuesdays - Practice | Thursdays - Games
(until end of Sept/Oct-Games on Saturdays)

Location: Eastview Elementary

Level Director: Nate Olsen | olemite2016@gmail.com | 612-226-9058

Helpful Links:

- [Lakeville North Football Class of 2034 Facebook](#)
- [Lakeville North Youth Football](#)
- [2025 Fall Football Registration](#)
- [Panther Moms](#)

Important Dates & Information:

1. Equipment Handout | Sunday 7/20/2025 (6:00 – 8:00pm) @ LNHS Varsity Stadium under the bleachers

Players will receive shoulder pads, a red & white game jersey, a practice jersey (if they do not already have one), and a pair of game socks. This means that families will be responsible for all other equipment (i.e., helmets, pants, cleats, etc.)

Athletes will need to be present at the equipment handout to weigh-in for the season. All athletes weighing 95 lbs. (4th grade limit) or over, are not eligible to be ball carriers (after tackle bars go away). No player weighing more than the restricted weight limit is eligible for an offensive (running back or quarterback) or defensive (cornerback or safety) backfield position (excluding linebackers) during games. No play may be designed to allow a player weighing over the weight limit to purposely carry the ball. Offensive Tight ends may weigh 95 lbs. or more and are eligible to catch and advance the ball downfield.

Note: The first 3–4 weeks of the season will be played with Tackle bars and there are no weight restrictions for games under these pretenses, meaning all athletes can play any position on the field.

As stated above, Athletes are responsible for providing:

- A Helmet (White color preferred)
- Football pants to be worn for practices/games (White color preferred)

- Mouthguard
- Cleats (not required, but highly recommended)

2. Season Dates & Location:

Player evaluations will be conducted over the first two nights of practice time which begin on **Monday 8/4 and Tuesday 8/5 and run from 6:00 – 8:00pm**. No equipment is needed for the evaluations except if the athlete wants to wear cleats. The first Official practice in pads will be Thursday 8/7/25 and done as a large group (6-8pm).

The official Team rosters will be revealed at practice, after warm-ups on Monday 8/11/25, and then athletes will go with their respective teams and coaches and have team practice (6–8pm). We will stay with these start times until later in the year and gradually starting times will change to earlier in the evening (i.e. 5:30, 5:15, etc.).

All practices and games (until later in the year) will be at **Eastview Elementary – 18060 Ipava Ave, Lakeville, MN 55044**

Games will be against other North teams for the first part of the year (on Thursdays) and then there will be at least 2 Saturdays in late September or early October where the North teams will have some games against South teams (times and locations to be determined). We will also have an end of the year event where the athletes will play on the LNHS Football stadium.

3. Panther Moms Night: Thursday July 31st --- SAVE THE DATE!!!!

This is a fun event for our Panther moms to meet up at the Varsity Stadium and learn about football and the Panther program from Coach Vossen and his staff. Also, there are several activities on the field and off that evening, finishing up at The Better Half. **Register by clicking [here](#)**

North of None!

Nate Olsen
4th Grade Level Director
Lakeville North Football

[Class of 2034 Facebook Page](#)
[Lakeville North Football Registration](#)