

# 2018 Shoreland Lutheran Pacer Football

## *News and Notes*

**Monday, August 6 to Monday, August 13**

**“F.A.M.I.L.Y.”**

### **Monday, August 6**

Practice (shoulder pads and helmets only) 8:00am to 1:00pm

*Be sure to always have indoor athletic shoes with you as we will use the weight room. In the event of inclement weather, we will practice in the gym if it is available.*

### **Tuesday, August 7**

Practice (full pads) 8:00am to 1:00pm

### **Wednesday, August 8**

Practice (full pads) 8:00am to 1:00pm

### **Thursday, August 9**

Practice (full pads) 8:00am to 1:00pm

*We will provide sub sandwiches for the team at the end of practice on Thursday.*

### **Friday, August 10**

Varsity Scrimmage vs. Kettle Moraine Lutheran, Lakeside Lutheran and Milwaukee Lutheran

@ [Wisconsin Lutheran College Football Stadium](#)

**All sophomores, juniors and seniors are expected to attend.** Freshmen may join us but will not suit up and play. We will be wearing our black practice pants and our Gold practice jerseys for the scrimmage.

Bus leaves Shoreland at 8:00am

Scrimmage starts at 10:00am

Scrimmage ends a little after Noon and the bus will be back to Shoreland approximately 1:15pm

### **Saturday, August 11**

JV Scrimmage vs. KML, LLHS, MLHS @ Shoreland Lutheran HS

**All freshman and sophomores are expected to attend.** We will be wearing our white practice pants and black JV jerseys for the scrimmage. Juniors and senior are encouraged to attend in order to help with chain gang and other responsibilities that come with hosting the scrimmage.

Players should report to Shoreland by 8:45am

Scrimmage starts at 10:00am

Scrimmage ends a little after Noon.

### **Sunday, August 12**

Go to Church. Rest and Ice.

### **Monday, August 13**

Practice (first afternoon practice) **3:00pm to 6:00pm**

General practice outline for afternoon practices:

- 3:00pm Team meeting (classroom TBD) - being early is on time
- 3:45pm Weight room time - have athletic shoes available
- 4:15pm Practice outside
- 6:00pm Practice over - boys take long showers - plan on picking them up at 6:15pm