

QUICK UPDATE FOR RISING 10TH-12TH GRADERS

TEAM COMMUNICATION

- MAXPREPS TEAM APP
- NEW TEAM WEBSITE!
 - WWW.LAKEBRADDOCKFOOTBALL.COM



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CURRENT WEIGHT ROOM SCHEDULE

- TUES-THURS 3PM-4:30PM
- AFTER MARCH 6, MON-THURS 3PM-4:30PM
- ALL PLAYERS NOT IN SEASON WITH ANOTHER SPORT SHOULD BE IN ATTENDANCE!

UPCOMING GREEN DAYS

- SKILL PLAYERS
 - MORNING GREEN DAYS IN FEBRUARY: 6:30-7:15AM
- LINEMEN
 - AFTERNOON GREEN DAYS IN FEBRUARY: AFTER TEAM LIFT

RED WEEKS

- FEB 24-MAR 6
- SPRING BREAK
- WEEK OF JULY 4

UPCOMING EVENTS

- SUN AFTERNOONS EARLY MARCH THRU EARLY MAY: ST. JAMES 7X7. *INVITATION ONLY
- APRIL 23: MANDATORY PARENT/PLAYER MEETING @ 6PM IN CAFETERIA
- MAY 9: MATTRESS SALE IN CAFETERIA
- LATE MAY-EARLY JUNE: SPRING BALL
- ONCE SCHOOL LETS OUT: SUMMER CONDITIONING & ELITE 22 TESTING:
MON-THURS MORNINGS