

2020 LANDER TIGER FOOTBALL

PRE-SEASON MEETING & PRACTICE SCHEDULE

(Tentative Schedule – Times/Days may Change due to Unforeseen Circumstances)

- **MONDAY AUGUST 17TH**
 - 6:30 AM PRACTICE #1 (S.T. / COND)
 - 8:15 AM VARSITY WEIGHT TRAINING
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #2 (HELMETS)
- **TUESDAY AUGUST 18TH**
 - 6:30 AM PRACTICE #3 (S.T. / COND)
 - 8:15 AM C-TEAM WEIGHT TRAINING
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #4 (SHELLS)
- **WEDNESDAY AUGUST 19ST**
 - 5:00 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #5 (SHELLS)
- **THURSDAY AUGUST 20TH**
 - 6:30 AM PRACTICE #6 (S.T. / COND)
 - 8:15 AM VARSITY WEIGHT TRAINING
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #7 (FULL PACK)
- **FRIDAY AUGUST 21ST**
 - 6:30 AM PRACTICE #8 (S.T. / COND)
 - 8:15 AM C-TEAM WEIGHT TRAINING
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #9 (FULL PACK)
- **SATURDAY AUGUST 22ND**
 - 8:00 AM POSITION MEETINGS
 - 8:45 AM PRACTICE #10 (FULL PACK)
 - 10:30 AM SPECIAL TEAMS (SHELLS)
 - 11:15 AM VARSITY WEIGHT TRAINING
- **SUNDAY AUGUST 23RD**
 - NO ACTIVITIES
- **MONDAY AUGUST 24TH**
 - 3:00 PM VARSITY TEAM LIFTING
 - 4:00 PM POSITION MEETINGS
 - 4:45 PM PRACTICE #11 (SHELLS)
- **TUESDAY AUGUST 25TH (SCHOOL START)**
 - 11:50 PM LUNCH VIDEO
 - 4:00 PM PRACTICE #12 (FULL PACK)
- **WEDNESDAY AUGUST 26TH**
 - 11:50 PM LUNCH VIDEO
 - 2:45 PM VARSITY WEIGHT TRAINING
 - 3:30 PM POSITION MEETINGS
 - 4:00 PM PRACTICE #13 (SHELLS)
- **THURSDAY AUGUST 27TH**
 - 6:15 AM PRACTICE #14 (SHELLS)
 - 4:00 PM POSITION & TEAM MEETING
 - 5:00 PM PLATOON TIGER CARD BLITZ
- **FRIDAY AUGUST 28TH (SCRIMMAGE @ PINEDALE)**
 - 7:00 AM GAME DAY PUMP
 - 11:30 PM REPORT TO LOCKER ROOM
 - 11:45 PM DEPART
 - 4:00 PM SCRIMMAGE VS PINEDALE
- **SATURDAY AUGUST 31ST**
 - 8:00 – 9:30 AM VARSITY PRACTICE

