

2022 LANDER TIGER FOOTBALL

PRE-SEASON MEETING & PRACTICE SCHEDULE

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

- **MONDAY AUGUST 15TH (DAY 1)**
 - 7:00 AM PRACTICE #1 (HELMETS)
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #2 (HELMETS)
- **TUESDAY AUGUST 16TH (DAY 2)**
 - 6:45 AM PRACTICE #3 (HELMETS)
 - 8:30 AM VARSITY WEIGHT TRAINING
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #4 (HELMETS)
- **WEDNESDAY AUGUST 17TH (DAY 3)**
 - 5:00 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #5 (SHELLS)
- **THURSDAY AUGUST 18TH (DAY 4)**
 - 6:45 AM PRACTICE #6 (SHELLS)
 - 8:15 AM VARSITY WEIGHT TRAINING
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #7 (FULL PACK)
- **FRIDAY AUGUST 19TH (DAY 5)**
 - 6:45 AM PRACTICE #8 (HELMETS)
 - 5:30 PM POSITION MEETINGS
 - 6:00 PM PRACTICE #9 (FULL PACK)
- **SATURDAY AUGUST 20TH (DAY 6)**
 - 8:00 AM POSITION MEETINGS
 - 8:45 AM PRACTICE #10 (FULL PACK)
 - 10:15 AM SPECIAL TEAMS PRACTICE
- **SUNDAY AUGUST 21ST NO ACTIVITIES**
- **MONDAY AUGUST 22ND (DAY 7)**
 - 6:45 AM PRACTICE #11 (SHELLS)
 - 8:00 AM VARSITY WEIGHT TRAINING
 - 4:00 PM PRACTICE #12 (SHELLS)
- **TUESDAY AUGUST 23RD (SCHOOL START – DAY 8)**
 - 11:50 PM VARSITY LUNCH VIDEO
 - 4:00 PM PRACTICE #13 (FULL PACK)
- **WEDNESDAY AUGUST 24TH (DAY 9)**
 - 11:50 PM VARSITY LUNCH VIDEO
 - 2:45 PM VARSITY WEIGHT TRAINING
 - 3:30 PM C-TEAM PRACTICE
 - 4:00 PM PRACTICE #14 (SHELLS)
 - 7:00 PM TEAM PHOTOS
- **THURSDAY AUGUST 25TH (DAY 10)**
 - 6:15 AM VAR PRACTICE #15 (SHELLS)
 - 3:40 PM C – PRACTICE / VAR MEETING
 - 5:00 PM TIGER CARD BLITZ
- **FRIDAY AUGUST 26TH SCRIMMAGE – PINEDALE (H)**
 - 7:00 AM VARSITY GAME DAY PUMP
 - 2:30 PM REPORT TO LOCKER ROOM
 - 3:15 PM WARM-UP
 - 4:00 PM SCRIMMAGE
- **SATURDAY AUGUST 27TH NO PRACTICE**

IN-SEASON PRACTICE SCHEDULE

MONDAYS

- C LEVEL GAMES
- VARSITY VIDEO LUNCH – 11:30
- VARSITY WT TRAINING – 3:45
- VARSITY PRACTICE – 4:30

TUESDAYS

- VARSITY VIDEO LUNCH 11:30
- PRACTICE – 4:00

WEDNESDAYS (EARLY RELEASE)

- VARSITY VIDEO LUNCH – 11:30
- VARSITY WT TRAINING – 2:45
- C-TEAM PRACTICE – 3:00
- VARSITY PRACTICE – 3:45

THURSDAYS

- VARSITY PRACTICE 6:15 AM
- C-TEAM PRACTICE 3:40 PM

FRIDAYS

- VARSITY GAME DAY PUMP 7:00 AM
- AWAY GAMES – CHECK ITINERARY ON TEAM WEB SITE
- HOME VARSITY GAME – 5:00 PM LOCKER ROOM
- C TEAM GAME – 2:45 LOCKER ROOM

SATURDAYS - SUNDAYS

- NO ACTIVITIES