

2019 LUTHERAN WEST



LONGHORN FOOTBALL CALENDAR



Team Verse

**"As iron sharpens iron,
so one man sharpens another."**

Proverbs 27:17

TEAM CORE VALUES 2019

LEGACY

PASSION

LOYALTY

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Weight Room 3:30-5:00	3 No School	4
5	6 Weight Room 3:30-5:00	7 Weight Room 3:30-5:00	8	9 Weight Room 3:30-5:00	10 Weight Room 3:30-5:00	11
12	13 Weight Room 3:30-5:00	14 Weight Room 3:30-5:00	15	16 Weight Room 3:30-5:00	17 Weight Room 3:30-5:00	18
19	20 Weight Room 3:30-5:00	21 Weight Room 3:30-5:00	22	23 Weight Room 3:30-5:00	24 Weight Room 3:30-5:00	25
26	27 No School	28 Weight Room 3:30-5:00	29 FINAL EXAMS	30 FINAL EXAMS	31 FINAL EXAMS	

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 FACULTY MEETINGS	4 FACULTY MEETINGS	5	6 WEIGHT ROOM 8:00AM- 10:00AM	7 WEIGHT ROOM 8:00AM- 10:00AM	8
9	10 WEIGHT ROOM 8:00AM- 10:00AM	11 WEIGHT ROOM 8:00AM- 10:00AM	12	13 WEIGHT ROOM 8:00AM- 10:00AM	14 WEIGHT ROOM 8:00AM- 10:00AM	15
16	17 WEIGHT ROOM 8:00AM- 10:00AM	18 WEIGHT ROOM 8:00AM- 10:00AM	19	20 WEIGHT ROOM 8:00AM- 10:00AM	21 WEIGHT ROOM 8:00AM- 10:00AM	22
23	24 WEIGHT ROOM 8:00AM- 10:00AM	25 WEIGHT ROOM 8:00AM- 10:00AM	26	27 WEIGHT ROOM 8:00AM- 10:00AM	28 WEIGHT ROOM 8:00AM- 10:00AM	29
30						

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 FOOTBALL TEAM HAS THIS WEEK OFF	2	3	4	5	6
7	8 TIME CHANGE YOUTH CAMP 9:00AM-12:00PM VARSITY PRACTICE 1:00PM – 3:30PM	9 TIME CHANGE YOUTH CAMP 9:00AM-12:00PM VARSITY PRACTICE 1:00PM – 3:30PM	10 TIME CHANGE YOUTH CAMP 9:00AM-12:00PM VARSITY PRACTICE 2:00PM – 4:30PM	11 YOUTH CAMP 9:00AM-12:00PM VARSITY PRACTICE 5:00PM-7:30PM	12 VARSITY PRACTICE 5:00PM-7:30PM	13 7 ON 7 AT LUTHERAN WEST 10:00AM – 1:00PM
14	15	16	17 Ashland University 7 on 7 TBA	18 VARSITY PRACTICE 5:00PM-7:30PM OR BALDWIN WALLACE 7 ON 7	19 VARSITY PRACTICE 5:00PM-7:30PM	20
21	22 VARSITY PRACTICE 5:00PM-7:30PM Equipment Pass Out	23	24	25	26	27
28	29	30	31			

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 One Practice 7:30-11:00am Helmets and Mesh	2 One Practice 7:30-11:00am Helmets and Mesh	3 One Practice 7:30-11:00am Helmets and Shoulder Pads
4	5 Double Sessions 7:30am-1:00pm Helmets and Shoulder Pads	6 Double Sessions 7:30am-1:00pm Full Equipment	7 One Practice 7:30-11:00am First Day of Contact	8 Double Sessions 7:30am-1:00pm	9 Double Sessions 7:30am-1:00pm	10 One Practice or Scrimmage 7:30am-11:00am
11	12 Double Sessions 7:30am-1:00pm	13 Double Sessions 7:30am-1:00pm	14 Practice 3:30-7:30 Faculty Meetings	15 Practice 3:30-7:30 Faculty Meetings	16 Practice 3:30-6:30 Faculty Meetings	17 Scrimmage vs. Gilmour and Bay High School 10:00am @Lutheran West
18	19 Practice 3:30-6:30 Freshman Orientation	20 Practice 3:30-6:30 First Day of Classes	21 Practice 3:30-6:30	22 Practice 3:30-6:30	23 Preview Home Scrimmage vs. West Geauga 7:00pm	24 Practice – 10:00am Watch Film and Lift Weights
25	26 Practice 3:30-6:30	27 Practice 3:30-6:30	28 Practice 3:30-6:30	29 Practice 3:30-6:30	30 Beat Fairview!	31

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 @Brookside	7
8	9	10	11	12	13 Lutheran East	14
15	16	17	18	19	20 @Fairport	21
22	23	24	25	26	27 Richmond Heights	28
29	30					

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Berkshire	5
6	7	8	9	10	11 @Independence	12
13	14	15	16	17	18 @Brooklyn	19
20	21	22	23	24	25 Cuyahoga Heights	26
27	28	29	30	31		

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Trinity	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30