



AUGUST 2018



Revised - 7/18/18

LINN-MAR FALL FOOTBALL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Varsity - Coach James E-mail - paul.james@linnmar.k12.ia.us Cell - 319-310-7468			Sophomores - Coach Frangella E-mail - nfrangella@linnmar.k12.ia.us Cell - 319-360-4000		Freshmen - Coach Martens E-mail - ben.martens@linnmar.k12.ia.us Cell - 319-431-6261		NO WORKOUTS
July 30 9-10-11-12 Entire Week Off TURN IN PHYSICALS & FORMS TO THE L-M ATHLETIC OFFICE - GRADES 9-10-11-12	July 31	1	2	3	4	5	
				HAVE ALL MATERIALS TURNED IN TO THE ATHLETIC OFFICE BY TODAY.			
6 Football Practice Begins 8:00am-Noon Soph & Varsity 1:30 V/S Weights 2:30 Frosh Weights 3:45-6:15pm Freshmen Helmets Only	7 8:00am-Noon Soph & Varsity 3:45-6:15pm Freshmen Football Practice Helmets Only	8 9:45am Fundraising Meeting 8:00am-Noon Soph & Varsity 1:30 V/S Weights 2:30 Frosh Weights 3:45-6:15pm Freshmen (Helmets & Shoulder Pads)	9 8:00am-Noon Soph & Varsity 3:45-6:15pm Freshmen Shells Football 101 for L-M Moms 6:00pm	10 8:00am-Noon Soph & Varsity 3:45-6:15pm Freshmen Shells	11 8:30-11:30am All Levels Football Practice Full Pads 11:30am Watermelon Feed	12	
13 1:30 V/S Weights 3:45-7:30pm Soph & Varsity 2:30 Frosh Weights 3:45-6:15pm Freshmen 7:30 Sophomore BBQ	14 3:45-7:30pm Soph & Varsity 3:45-6:15pm Freshmen Football Practice Full Pads	15 1:30 V/S Weights 3:45-7:30pm Soph & Varsity-Full Pads 2:30 Frosh Weights 3:45-6:15pm Freshmen-Full Pads Fundraising Blitz Night 6:00 MYFA Photos in Stadium	16 3:45-7:30pm Soph & Varsity 3:45-6:15pm Freshmen Football Practice Full Pads 9:40 Varsity Team Photos 9:00 - Sophs / 9:20 Frosh	17 Football Scrimmages 5:00-6:00pm Freshmen & Sophomores 6:30-8:00 Varsity vs. Marion HS at ALL levels	18 8:00-11:00am All Levels Football Practice 11:00-11:45 MYFA Practice L-M Seniors lead practice	19	
20 1:30 V/S Weights 3:45-6:30pm Soph & Varsity 2:30 Frosh Weights 3:45-6:15pm Freshmen Full Pads	21 3:45-6:30pm Soph & Varsity 3:45-6:15pm Freshmen Football Practice	22 1:30 V/S Weights 3:45-6:30pm Soph & Varsity 2:30 Frosh Weights 3:45-6:15pm Freshmen	23 1st Day of School 9th Grade 3:45-6:30pm Soph & Varsity 6:30 Freshmen vs. Dub. Senior (H)	24 1st Day of School 10-11-12 5:00 Sophomores vs. Senior (T) 3:45-5:30 Freshmen Football Practice 7:15 Varsity vs. Senior (T)	25 8:00am Varsity 7:15-8:15am Sophs - Pool 10:00am JV vs. Cedar Falls (T) "Cat Bowl"	26	
27 7:15am V/S Weights 3:45-6:30pm Soph & Varsity 3:45-6:15pm Freshmen Football Practice	28 7:15am V/S Weights 3:45-6:30pm Soph & Varsity 3:45-6:15pm Freshmen Football Practice	29 7:15am V/S Weights 3:45-6:30pm Soph & Varsity 3:45-6:15pm Freshmen Football Practice	30 3:45-6:30pm Soph & Varsity 6:30 Freshmen vs. Kennedy (H)	31 7:15am Frosh Weights 5:00 Sophomores vs. Kennedy (T) 3:45-5:30 Freshmen Football Practice 7:15 Varsity vs. Kennedy (T)			