		LINN-MAR FAL		Revised - 7/18/18		M
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Varsity - Coach James E-mail - paul.james@li Cell - 319-310-7468	nnmar.k12.ia.us	Sophomores - Coach Frangella E-mail - nfrangella@linnmar.k1 Cell - 319-360-4000	2.ia.us E-mai	men - Coach Martens I - ben.martens@linnmar.k12.ia.u 319-431-6261	S	
			1 3:45-6:00pm Pre-Game Practice	2 7:00pm Quarterfinal Playoff Game	3 8:00-9:00am Varsity	4
5 7:15am Varsity Weights 3:45-6:30pm Game Plan Practice	6 3:45-4:25pm Video 4:30-6:30pm Practice	7 7:15am Varsity Weights 3:45-4:25pm Video 4:30-6:30pm Practice	8 3:45-6:00pm Pre-Game Practice	9 4:06 or 7:06pm 4A Semi-final Game UNI-Dome	10 8:00-9:00am Varsity	11
12 7:15am Varsity Weights 3:45-6:30pm Game Plan Practice	13 3:45-4:25pm Video 4:30-6:30pm Practice	14 7:15am Varsity Weights 3:45-4:25pm Video 4:30-6:30pm Practice	15 3:45-6:00pm Pre-Game Practice	16 7:06pm 4A Championship Game UNI-Dome	17	18