

2018 Fall Camp Practice Schedule

High School First Day - Monday, August 1

All times signify the beginning of workout/practice. Players should be dressed and ready to go no later than ten minutes before the practice start time. The practice attire is defined in a table below the schedules. Players should always have a shirt, pair of shorts, and indoor workout shoes with them in case of inclement weather. We have multiple water breaks in every practice and use this time to cool off and go through one of our Christ Centered Culture principles related to integrating faith and sports and building Godly men.

High School Fall Camp Practice Schedule

Day	Date	Time	Practice Attire
Wednesday	8/1	8:00 to 11:00 a.m.	Helmet
Thursday	8/2	8:00 to 11:00 a.m.	Helmet
Friday	8/3	8:00 to 11:00 a.m.	Helmet
Saturday	8/4	8:00 to 11:30 a.m.	Helmet
Monday	8/6	7:00 to 8:00 a.m. 7:00 to 9:00 p.m.	AM: Lifting PM: Shells
Tuesday	8/7	7:00 to 8:00 a.m. 7:00 to 9:00 p.m.	AM: Lifting PM: Shells
Wednesday	8/8	8:00 to 11:30 a.m.	Shells
Thursday	8/9	8:00 to 11:30 a.m.	Full Pads
Friday	8/10	8:00 to 11:30 a.m.	Full Pads
Saturday	8/11	All Day	Team Retreat
Monday	8/13	3:00 to 6:30 p.m. 7pm	Full Pads Meet the Eagles
Tuesday	8/14	3:00 to 6:30 p.m.	Shells
Wednesday	8/15	4:15 to 6:15 p.m.	Shells
Thursday	8/16	4:15 to 6:15 p.m.	Full Pads
Friday	8/17	7 p.m.	Scrimmage at New Deal
Saturday	8/18	9:00 to 10:00 a.m.	Workout

Practice Attire

Practice Type	Shoes	Clothing	Pads
Full	Cleats	Undershirt, Girdle	All Pads
Shell	Cleats	Undershirt, Girdle, Shorts*	Helmet and Shoulder Pads
Helmet	Cleats	T-Shirt, Girdle, Shorts*	Helmet
Workout	Athletic Shoes	T-Shirt, Shorts*	None

*Clothing should be Lubbock Christian shorts and shirts.

Typical School Week HS Practice Schedule

Day	Time	Practice Attire
Monday	4:15 to 6:15 p.m.	Workout
Tuesday	4:15 to 6:15 p.m.	Full
Wednesday	4:15 to 6:15 p.m.	Shell
**Thursday	4:15 to 6:15 p.m.	Helmet
Friday	7:30 a.m. After School	Team Meeting On campus until game time
Saturday	9:00 to 10:00 a.m.	Workout

The stated practice times do not include the final team meeting, clearing the field, or players changing. You should allow at least another 20 minutes.

**Thursday's will vary weekly based on home or away JH/JV games and/or metroplex travel by the varsity.

2018 Fall Camp Practice Schedule

Junior High First Day - Wednesday, August 15

All times signify the beginning of workout/practice. Players should be dressed and ready to go no later than ten minutes before the practice start time. The practice attire is defined in a table below the schedules. Players should always have a shirt, pair of shorts, and indoor workout shoes with them in case of inclement weather. We have multiple water breaks in every practice and use this time to cool off and go through one of our Christ Centered Culture principles related to integrating faith and sports and building Godly men.

Junior High 1st Week of School Practice Schedule

Day	Date	Time	Practice Attire
Wednesday	8/15	4:00 to 6:00 p.m. Team Meetings	Checkout Equipment (First Day of School)
Thursday	8/16	7:40 to 8:45 a.m.	Helmet
Friday	8/17	7:40 to 8:45 a.m.	Lift
Monday	8/20	7:15 to 8:45 a.m.	Helmet
Tuesday	8/21	7:15 to 8:45 a.m.	Helmet
Wednesday	8/22	7:15 to 8:45 a.m.	Helmet

Typical School Week JH Practice Schedule

Day	Time	Practice Attire
Monday	7:15 to 8:45 a.m.	Full
Tuesday	7:15 to 8:45 a.m.	Full
Wednesday	7:15 to 8:45 a.m.	Shell
Thursday	7:15 to 8:45 a.m.	Helmet
Friday	7:55 to 8:45 a.m.	Workout

*The stated practice times do not include the final team meeting, clearing the field, or players changing. You should allow at least another 20 minutes.

Practice Attire

Practice Type	Shoes	Clothing	Pads
Full	Cleats	Undershirt, Girdle	All Pads
Shell	Cleats	Undershirt, Girdle, Shorts*	Helmet and Shoulder Pads
Helmet	Cleats	T-Shirt, Girdle, Shorts*	Helmet
Workout	Athletic Shoes	T-Shirt, Shorts*	None

*Clothing should be Lubbock Christian shorts and shirts.