

## Fall 2018 Lamoille Union Athletic Department Bulletin

Greeting Lancers!

The start of the fall 2018 sports season is fast approaching. Please read and share the information below to ensure that all student athletes who are intending on participating in a fall sport are aware of the following information.

Regardless of the sport of interest, prospective players should arrive 15 minutes prior to scheduled practice times and should bring a water bottle, appropriate footwear, weather appropriate clothing and snacks.

Impact Testing will be conducted for all soccer players and cross -country runners, on a team by team basis. Any prospective football players may schedule testing appointments as well. The testing will occur during a pre- season, scheduled slot and will take place seasonally.

Information for the initial opening practice sessions is listed below. Additional scheduling and calendar information will be provided by the respective coaching staffs prior to and at the completion of the first few days of practice.

Please contact Athletic Director Tim Messier at [tmessier@luhs18.org](mailto:tmessier@luhs18.org) or 802-851-1333 with any inquiries you may have.

Fairfax/Lamoille Football Grades (9-12)

Equipment Handout- August 9<sup>th</sup> 5:30 pm

First day of practice- Monday, August 13<sup>th</sup> Time- (5:00-7:30 pm)

Practice times 8/13 through 8/24, Monday through Friday (5:00-7:30 pm)

There will be practice at (6:30-9:00 am) on 8/15, 8/17, 8/20, 8/22 and 8/24 as well.

Scrimmage 8/25 10:00 at Mt. Abe.

Regular Practice Schedule starts on Monday, August 27<sup>th</sup> at 4:00.

Any prospective football players should contact Head Coach Craig Sleeman at [dsleeman80@comcast.net](mailto:dsleeman80@comcast.net) AS SOON AS POSSIBLE to be sure you have any and all updated football information.

High School Girls' Soccer Grades (9-12)

Thursday, August 16th + Friday, August 17<sup>th</sup>+ Saturday, August 18th- Upper Soccer Fields

Practice sessions will run from 8:30-10:30 and 4:30-6:00 each day.

Week of 8/20 practice times 9:00-10:30 and 4:00-6:00

High School Boys' Soccer Grades (9-12)

Thursday, August 16th + Friday, August 17<sup>th</sup> – Upper Soccer Fields

Practice Sessions will run from 7:30-9:00 am and 6:00-8:00 each day.

High School Boys and Girls Cross Country Grades (9-12)

Monday, August 20th + Tuesday, August 21st + Wednesday, August 23<sup>rd</sup> (3:30 pm)

Thursday, 8/24 practice will start at 8:00 am.

Please meet on the baseball field.

High School Golf (Boys' and Girls' 9-12)

The opening practice of the season will be held at the Ryder Brook Golf Club on Monday, August 20th.  
Time is TBA.

Coach Widen would also like to invite any interested golfers and their families to stop by his classroom, B207, on Wednesday, August 22nd, between 5:00-7:00, during the Freshman Orientation, for an informal meet and greet to discuss the upcoming season.

Please contact Coach Will Widen at [wwiden@luhs18.org](mailto:wwiden@luhs18.org) with any questions and for additional information.

