

# Lincoln Football 2008 Summer Calendar

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“Together We Will”

## Team Rules

1. Come to practice & be on time.
2. Have respect for your teammates & coaches.
3. Give your best effort at everything you do.
4. Do what's right.

## Contact Information

Lincoln High School  
7425 Willis Road  
Ypsilanti, MI 48197

Varsity Football  
Coach Chris Westfall  
[lincolnfootball@gmail.com](mailto:lincolnfootball@gmail.com)  
[www.splitterfootball.com](http://www.splitterfootball.com)  
(734) 657-8480

## 2008 Schedule

Home Games in CAPS

8/29	<b>TECUMSEH</b>
9/5	Dexter
9/12	<b>AA PIONEER</b>
9/19	Chelsea
9/26	<b>AA HURON</b>
10/3	<b>SALINE</b>
10/10	Bedford
10/17	<b>GRAND BLANC</b>
10/24	Adrian

J.V./9 play Thursdays  
Prior to Varsity, at the opposite location.

# Lincoln Football 2008 Summer Calendar

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## Summer Workouts

Every M, W, TH – East Gym/Weight Room  
5 – 7 p.m.

These Strength & Conditioning sessions are for all athletes entering Middle School or High School football this fall.

Varsity Players – You should make ALL workouts.

J.V. Players – You should make 12 out of 18 workouts.

Freshman Players – You should make 9 out of 18 workouts.

Bring tennis shoes, and workout clothes. You are advised to bring your own water bottle.

## Dexter Passing Night

June 10 – Meet at East Gym Parking Lot  
Leave LHS – 5 p.m.

This event is for Varsity and J.V. skilled players only.

All backs, receivers, defensive backs and linebackers are invited. We need as many drivers as possible, and will leave LHS at 5 p.m.

## U of M Passing Tournament

Meet at East Gym Parking Lot  
Friday, June 20 – Leave LHS – 10:30 a.m.  
Saturday, June 21 – Leave LHS – 9 a.m.

This event is for Varsity skilled players only.

This 7 on 7 tournament will be played over two days. Bring tennis shoes and football shoes. You should also bring plenty of water, and some sandwiches or snack food to get through the afternoon. Depending on schedule, we may not return to LHS until almost 10 p.m. on Friday.

## Golf Outing

Saturday, June 28  
Pine View Golf Course – 8:30 a.m.

Join us for this fundraising event as a golfer or as a sponsor. Golf flyers are available at [www.splitterfootball.com](http://www.splitterfootball.com) or in the weight room. Foursome - \$350, Individual Golfers - \$100, and Hole Sponsors - \$100

## “Dead” Week

Sunday, June 29 – Saturday, July 5

This MHSAA mandated time off is perfect for vacations or time away from football. We will have no events, weightlifting, or fundraising during this week.

## Chelsea Passing Night

Meet at East Gym Parking Lot  
Wednesday, July 9 & Monday, July 21  
Leave LHS – 4:30 p.m.

This 7 on 7 passing night is for Varsity skilled players only. Starting at 6 at Chelsea, we will throw for about two hours, and return to LHS by 9 p.m.

## Athletic Registration

East Gym  
July 22 & July 23 – 5:30 to 8 p.m.  
July 29 & July 30 – 6 to 7:30 p.m.

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All athletes at Lincoln High School, and at Lincoln Middle School, must be registered for athletics. To register for athletics, students must pay their participation fee (\$140 – Good for the entire school year) and their insurance fee (\$18 per sport). Students must also complete an athletic registration package that is available at [www.splitterfootball.com](http://www.splitterfootball.com), in the weight room, or in the athletic office.

The athletic department will be taking athletic registration each of these nights. Athletes may also register in the athletic office.

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### Physical Night

East Gym  
July 22 – 6 to 9 p.m.

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In conjunction with athletic registration, Lincoln Football will be offering one night of low-cost physicals. Doctors will be available at the East Gym for \$20 physicals this night only. Come for your physical, and get athletic registration done the same night!

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### Splitter Skills Camp

Practice Fields – Lincoln Middle School  
Monday, July 28 – Thursday, July 31  
3 – 8 p.m.

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This camp is open to all athletes entering 9<sup>th</sup> – 12<sup>th</sup> grades in the fall of 2008. Cost is \$40, and players should bring tennis shoes, football shoes, and workout clothes. This is a non-contact and non-conditioning camp where we will focus on learning football.

We will install our entire offensive and defensive systems, and **all Lincoln Football players should plan on attending.**

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### Conditioning Week

Practice Fields – Lincoln Middle School  
Monday, August 4 – Friday, August 8  
5 – 7 p.m.

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This final week before the official start of practice is for getting your body ready for the rigors of the football season. All football players are invited, and **all high school players should plan on attending.**

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### Two a Day Practice Schedule

Practice Fields – Lincoln Middle School  
Varsity: 8 a.m. – 4 p.m.  
JV/Frosh: 9 a.m. – 3:30 p.m.

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These are the first official practices of the 2008 season. Attendance is required.

Equipment Handout:

Varsity – Monday, August 4<sup>th</sup>, 7 p.m.

J.V. – Wednesday, August 6<sup>th</sup>, 7 p.m.

Frosh – Thursday, August 7<sup>th</sup>, 7 p.m.

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### 4<sup>th</sup> Quarter Parent Club

Meet at Athletic Office  
Second Monday of Every Month  
June 9/July 14/August 11



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We need help from our parents! Come join the Football boosters – we meet the second Monday of every month. We will discuss fundraising, team building activities, and booster events.


# JUNE 2008 LINCOLN FOOTBALL 2008 OFF SEASON CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4 EXAMS	5 EXAMS	6 EXAMS	7
8	9  <b>Workout 5 - 7 p.m.</b>	10	11  <b>Workout 5 - 7 p.m.</b>	12  <b>Workout 5 - 7 p.m.</b>	13	14
		<b>Dexter 7 on 7</b>				
		Time TBD				
15	16	17	18	19	20	21
	Lincoln Youth Camp	Lincoln Youth Camp	Lincoln Youth Camp	Lincoln Youth Camp		
	<b>Workout 5 - 7 p.m.</b>		<b>Workout 5 - 7 p.m.</b>	<b>Workout 5 - 7 p.m.</b>		
22	23  <b>Workout 5 - 7 p.m.</b>	24	25  <b>Workout 5 - 7 p.m.</b>	26  <b>Workout 5 - 7 p.m.</b>	27	28  GOLF OUTING Pine View G.C. 8 a.m.
29	30  <b>Dead Week No Activity</b>					
						

# JULY 2008 LINCOLN FOOTBALL 2008 OFF SEASON CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  <b>Dead Week No Activity</b>	2  <b>Dead Week No Activity</b>	3  <b>Dead Week No Activity</b>	4  <b>Dead Week No Activity</b>	5
6	7  <b>Workout 5 - 7 p.m.</b>	8	9 <b>Chelsea 7 on 7</b>  <b>Workout 5 - 7 p.m.</b>	10  <b>Workout 5 - 7 p.m.</b>	11	12  <b>Saline 7 on 7 Tournament</b>
13	14  <b>Workout 5 - 7 p.m.</b>	15	16  <b>Workout 5 - 7 p.m.</b>	17  <b>Workout 5 - 7 p.m.</b>	18	19
20	21 <b>Chelsea 7 on 7</b>  <b>Workout 5 - 7 p.m.</b>  Athletic Registration	22  <b>Physical Day Doctors available 6 - 9 p.m.</b>  Athletic Registration	23  <b>Workout 5 - 7 p.m.</b>	24  <b>Workout 5 - 7 p.m.</b>	25	26
27	28  <b>Splitter Skills Camp 3 - 8 p.m.</b>	29  Athletic Registration  <b>Splitter Skills Camp 3 - 8 p.m.</b>	30  Athletic Registration  <b>Splitter Skills Camp 3 - 8 p.m.</b>	31  <b>Splitter Skills Camp 3 - 8 p.m.</b>		
						

## AUGUST 2008 LINCOLN FOOTBALL 2008 OFF SEASON CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>Conditioning Week</b> 5 - 7 p.m.	5 <b>Conditioning Week</b> 5 - 7 p.m.	6 <b>Conditioning Week</b> 5 - 7 p.m.	7 <b>Conditioning Week</b> 5 - 7 p.m.	8 <b>Pre-Season Combine</b> 5 - 7 p.m.	9
10 <b>Varsity Team Meeting</b> 7 p.m.	11 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	12 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	13 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	14 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	15 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	16 <b>Intra-Squad Scrimmage</b>
17	18 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	19 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	20 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	21 <b>Scrimmage @ Royal Oak HS</b> Time TBD	22 <b>2 Day Schedule</b> 8 a.m. - 4 p.m.	23 <b>Family Picnic</b>
24	25 <b>Regular Schedule</b> 3:30 - 7 p.m.	26 <b>Regular Schedule</b> 3:30 - 7 p.m.	27 <b>Regular Schedule</b> 3:30 - 7 p.m.	28 <b>JV/9 at Tecumseh</b>	29 <b>Varsity Home vs. Tecumseh</b>	30 <b>"Bumps &amp; Bruises" Practice</b> 9 a.m.
31						