

Discipline: Getting Stronger Every Day

Monday 8:00-9:00 AM Freshmen Lift 9:00-10:00 AM Freshmen Polymetrics and Classroom Sophomore to Senior Lift Tuesday and Thursday 8:00-9:00 AM Freshmen Lift 9:00-10:00 AM Freshmen Polymetrics and Classroom Sophomore to Senior Lift 10:00-11:00 AM Everyone on field

Thursday Evening TENTATIVE 7 on 7 with Harrisburg and Tea

Wednesday and Friday 8:00-9:00 AM Power Program Sanford Fieldhouse

Team: Participating in camps and practice

Football Camp Dates and Info:

June 12, 13, 14 6:30-8:00 PM Lincoln High School Camp

June 18, 19, 20 2017 Sanford Legends Football Camp at Augustana College

REGISTER ONLINE: http://www.sanfordsports.com/ legends Scholarships are available for those with a financial need.

July 24, 25, 26 6:30-8:30 PM Lincoln High School Camp

Days Off in the

Summer:

We will not have any team activities of any kind from July 1-July 9. Team activities will continue as scheduled on July 10. In addition, we will not have any team activities from August 3-August 9.

Fall Sports Information Night

July 25th. I know that we have LHS camp that night, but we will have to adjust our schedule to accommodate the Sports Info Night at LHS.

Important Physicals & Parent consent forms:

Starting this summer students will need to have all their paperwork and physicals completed before they compete in team camps, open gyms and weight room activities.

Website

Please register on our team website www.lhsfootball.org to receive routine updates throughout the season!!

PRIDE: 2017 Patriots Game Schedule

Varsity Schedule						
08/25/2017	7:00pm	Rapid City Central	Sioux Falls Howard Wood Field			
09/01/2017	7:00pm	Brandon Valley	Brandon Valley High School			
09/09/2017	7:00pm	Sioux Falls Roosevelt	Sioux Falls Howard Wood Field			
09/15/2017	7:00pm	O'Gorman	O'Gorman High School			
09/22/2017	7:00pm	Watertown (SD)	Watertown Stadium			
09/29/2017	5:00pm	Yankton	Sioux Falls Howard Wood Field			
10/06/2017	7:00pm	Rapid City Stevens	Rapid City O'Harra Stadium			
10/13/2017	7:00pm	Brookings	Sioux Falls Howard Wood Field			
10/19/2017	8:00pm	Sioux Falls Washington	Sioux Falls Howard Wood Field			
10/26/2017	TBD	TBD, TBD	TBD			
11/03/2017	TBD	TBD, TBD	TBD			
11/11/2017	TBD	TBD, TBD	USD-Dakota Dome			

Junior Varsity Schedule					
08/28/2017	4:15pm	Yankton	Yankton High School		
09/04/2017	1:00pm	Sioux Falls Roosevelt	Howard Wood Field		
09/11/2017	4:15pm	Brookings	Brookings		
09/18/2017	4:30pm	Brandon Valley	Howard Wood Field		
09/25/2017	4:15pm	Sioux Falls Washington	Sioux Falls Washington		
10/02/2017	4:15pm	O'Gorman	O'Gorman		
10/09/2017	4:30pm	Watertown (SD)	Howard Wood Field		

Freshmen Schedule

08/29/2017	4:15pm	Sioux Falls Roosevelt	Howard Wood Field
09/05/2017	4:15pm	Sioux Falls Washington	Sioux Falls Washington
09/12/2017	4:15pm	O'Gorman	Howard Wood Field
09/14/2017	4:30pm	Harrisburg	Harrisburg High School
09/21/2017	4:30pm	Brandon Valley	Brandon Valley High School
09/28/2017	4:15pm	Yankton	Howard Wood Field
10/03/2017	4:15pm	O'Gorman	Howard Wood Field
10/10/2017	4:15pm	Sioux Falls Washington	Howard Wood Field
10/17/2017	4:15pm	Sioux Falls Roosevelt	Sioux Falls Roosevelt High School

TRUST: Communicate with Coach Fredenburg

Head Coach Jared Fredenburg

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Great players win games. Great TEAMS win CHAMPIONSHIPS.