

Fall 2017 Lamoille Union Athletic Department Bulletin

Greeting Lancers!

The start of the fall 2017 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.

All required athletic department paperwork can be mailed or submitted prior to the official seasonal start date and no later than the first date of practice. The athletic department paperwork was included in the summer mailing from the high school.

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 two days of practice.

Please contact Athletic Director Tim Messier at tmessier@luhs18.org or 802-851-1333 with any inquiries you may have.

Fairfax/Lamoille Football Grades (9-12)

Equipment Handout- Date and Time TBA

First day of practice- Monday, August 14th Time- TBA

Any prospective football players should contact Head Coach Craig Sleeman at 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)

Friday, August 18th- Upper Soccer Fields

Practice sessions will run from 8:30-12:30 with a rest/break period in between.

High School Boys' Soccer Grades (9-12)

Thursday, August 17th + Friday, August 18th – Upper Soccer Fields

Practice Sessions will run from 7:00-8:30 am and 5:30-7:00 each day.

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

Monday, August 21st + Tuesday, August 22nd + Wednesday, August 23rd

Please meet on the baseball field, practices start daily at 3:30.

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 21st. 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 23rd, between 5:00-7:00, for an informal meet and greet to discuss the upcoming season.

Please contact Coach Will Widen at wwiden@luhs18.org with any questions and for additional information.