



LOCKPORT TOWNSHIP HIGH SCHOOL FOOTBALL

2019 Important Dates

Winter Off-Season Strength & Conditioning

- November 26-February 22
Rising Varsity and Sophomore
Monday-Times will rotate, either 3:15-4:30, 4-5:15 or 4:30-5:45 PM
Tuesday 4-5:15 PM
Thursday 3:15-4:30 PM
- Friday morning Speed training/competition sessions will be added in February through May.
- No training sessions on school holidays/breaks.

Spring Off-Season Strength and Conditioning

- February 25 –May 21
Rising Varsity and Sophomore
Monday 3:15-4:30 PM
Tuesday 3:15-4:30 PM
Thursday 3:15-4:30 PM
Friday-Either Competition Day from 6:00-7:20 AM or Speed Day from 6:45-7:55 AM.
- No training sessions on school holidays/breaks.

WORKOUT INFO

Training sessions are open to all prospective Football players who are not participating in a winter or spring sport.

Each participant will need to pay a **\$75 Fee for the Winter and/or Spring Session**. This fee is due to Coach Starkey by **Monday, December 10th for the Winter Session and by Monday March 11th for the Spring Session**. Checks can be written to **LTHS Football Boosters**. If the family/player has a hardship case, call 815-588-8342 to discuss alternate ways to pay the fee. Not being able to pay the fee is not an excuse to miss workouts!

All training sessions will be run by Nick Setta of **Setta Performance**. <http://www.settaperformance.com>
The assistant football coaches will assist Coach Setta with the workouts.

Illinois High School Association Class 8A State Champions 2002, 2003

Varsity Helmet Stickers

All rising varsity football players are expected to be competing in a winter or spring LTHS sanctioned sport, or working out with an LTHS sanctioned sport in off-season conditioning for their next season. If a player has not earned his helmet stickers prior to the first game of the season, that player will not be allowed to dress and play in a varsity game until he has completed the Opportunities for Improvement (OPI's) to make up the missed workouts.

Summer Football Camps

Varsity Summer Football Camp

- June 10-July 25 with No camp the week of July 4th
- 7-10:30 AM, Monday-Thursday.

Varsity Overnight July 24 & 25

Sophomore Summer Football Camp

- June 10-July 25 with No camp the week of July 4th
- 7-10:30 AM, Monday-Thursday.

Freshman Summer Football Camp

- June 10-July 25 with No camp the week of July 4th
- 12:15-2:30 PM, Monday-Thursday.

A summer football calendar with 7 on 7 and linemen challenge dates will be available in May. **Football practices begin on Monday August 12th 2019.**

In-Season Lifting: All varsity football players are required to sign up for **Power Lifting** or you will be required to lift before school twice a week in season.

Our commitment level individually and as a team in the off-season and summer will correspond with our level of success on the game field in 2019! Be a Champion in everything you do!

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