

Loranger Fall Sports Summer Start-up Schedules
George Shabo, Athletic Director
(UPDATED 8/18/21 Football Schedule Changes)*

REMINDER TO PARENTS:

ALL ATHLETES MUST SUBMIT THE REQUIRED FORMS, INCLUDING PROOF OF A PHYSICAL WITHIN THE PAST TWO YEARS, AND THE ONLINE IMPACT TESTING MUST BE COMPLETED PRIOR TO ANY PARTICIPATION. THANK YOU!

**Masks are required in the locker rooms and on buses.
Athletes DO NOT need to wear a mask when participating outdoors.**

THIS IS THE PLANNED SUMMER START-UP SCHEDULE FOR LMS FALL SPORTS.
THE COACHES WILL SET THE SCHEDULES AND SHARE FROM THIS POINT ON.

Athletes should wear workout clothes and their own bottle of water. Feel free to email the coaches if you have any questions.

***UPDATED FOOTBALL = MEET IN BACK OF LORANGER BY THE LOCKER ROOM ENTRANCE**

MONDAY, AUGUST 23: 4:30-5:30 pm = Meet the coaches and submit forms
TUESDAY, AUGUST 24: 4:00-5:30 pm = Helmet fitting and workout
MONDAY 8/30: 4:30-5:30 = practice
TUESDAY 8/31: 4:30-5:30 = practice
Coach Pettaway: claude.pettaway@yahoo.com

GIRLS SOCCER = BACK OF LORANGER BY THE LOCKER ROOM ENTRANCE

TUESDAY, AUGUST 24: 4:00-5:30 pm = Meet the coach and workout
THURSDAY, AUGUST 26: 4:00-5:30
Coach Blatchford: dblatchford@scarboroughmaine.org

CROSS COUNTRY = MEET IN BACK OF LORANGER BY THE CAFE ENTRANCE

WEDNESDAY, AUGUST 25: 3:30-4:30 pm = Meet the coach and workout
THURSDAY, AUGUST 26: 3:30-4:30
Coach Tidd: mtidd@rsu23.org