

Lincoln Abes Week 2017

Monday, September 4th

2:00pm – Freshmen/Sophomore team players game jersey hand-out (Orange Jerseys and Gray Pants)

2:30pm – Freshmen/Sophomore bus leaves for Kentlake HS

3:15pm – Varsity Film Study in room 410 and 421 (players need to report ready for practice with gear)

4:00pm – Freshmen/Sophomore at Kentlake (21401 SE 300th Street Kent, WA 98042)

→ **Suit List posted on Google Classroom**

4:05pm – Varsity players leave film and head directly to baseball field for practice

4:15pm – Lincoln Practice #1 (Helmets and Shoulder Pads – Baseball Field)

6:30pm – End of Lincoln Practice #1

7:00pm – All players need to be out of locker rooms

Tuesday, September 5th

3:00pm – Freshmen meeting in Room 321 and Strength Training

3:15pm – Lincoln Practice #2 (Helmets, Shoulder Pads, Girdles – Football Field)

4:10pm – All freshmen players are released to go home

5:50pm – End of Lincoln Practice #2

6:15pm – Leadership Group Meeting in Room 410

6:30pm – All players need to be out of locker rooms

Wednesday, September 6th - FIRST DAY OF SCHOOL -

3:15pm – Varsity Film Study in room 410 and 421

4:30pm – Team Meeting in Bleachers

4:45pm – Lincoln Practice #3 (Full Gear – Football Field)

7:15pm – End of Lincoln Practice #3

7:45pm – All players need to be out of locker rooms

Thursday, September 7th

3:15pm – Lincoln Practice #4 (Varsity – Jerseys and Helmets; Soph and Freshmen – Full Gear)

5:00 pm – End of Lincoln Practice #4

5:15pm – Varsity Team Meeting (Weight Room)

5:30pm – All players need to be out of locker rooms

Friday, September 8th

3:00pm – Commitment meeting (Varsity Locker Room)

3:00pm – Freshmen and Junior Varsity Practice (Baseball Field – Helmets and Jerseys)

3:15pm – Walk-Through (Aux Gym)

3:30pm – Team Dinner (Commons Concession Stand)

4:10pm – End of Freshmen and Junior Varsity Practice

VARSIY PLAYERS MUST BE TAPED BEFORE LEAVING AUBURN MOUNTAINVIEW

4:30pm – Bus Leaves for Auburn Memorial Stadium

4:30pm – Coach Hunt and Colburn leave for Auburn Memorial Stadium

1. Video Equipment (Camera, Power Cord and Tri-Pod)
2. Head-Sets
3. Footballs and Kicking Tees

7:00pm – Beat the Lincoln Abes! (801 Bob Jones Way NE Auburn, WA 98002)

Saturday, September 9th

9:00am – Gold Card Sales Blitz - meet in AMHS Football bleachers

- All players are required to participate in Gold Card Sales Blitz

1:00pm – End of Sales Blitz – players meet in AMHS Front Office to turn in checks/cash

- All players are required to turn in their Gold Cards and checks/cash at this time unless they speak with Coach Gervais

AMHS Football Core Values	Program Expectations
<ul style="list-style-type: none">❖ Consistent<ul style="list-style-type: none">○ You can depend on me❖ Disciplined<ul style="list-style-type: none">○ I will do my job❖ Competitive<ul style="list-style-type: none">○ I will work to be the best version of myself	<ol style="list-style-type: none">1. Respect Everyone2. Protect the Team3. Be on Time4. Tell the Truth5. No Drugs or Alcohol
BETTER PEOPLE MAKE BETTER FOOTBALL PLAYERS	

All AMHS Football Practices are open to parents to come and watch – we simply ask that you remain in the bleachers or along the fence in front of the bleachers. As an athletic department, we have decided that during any practice spectators are not allowed on the track or along the field house. Thanks for understanding and look forward to seeing you.