

JUNE



LUCAS CUBS FOOTBALL

2023

FAMILY ACCOUNTABILITY CHARACTER TOUGHNESS SELFLESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 GUTS 6-8AM	6 GUTS 6-8AM	7	8 GUTS 6-8AM	9	10
11	12 GUTS 6-8AM	13 GUTS 6-8AM	14	15 GUTS 6-8AM	16	17
18	19 GUTS 6-8AM	20 GUTS 6-8AM	21	22 GUTS 6-8AM	23	24
25	26 GUTS 6-8AM Equipment Issue 8AM	27 GUTS 6-8AM	28	29 GUTS 6-8AM	30	

GUTS = Get Up & Train for Success
GUTS is our summer strength training and conditioning program.

Events and Times are subject to change! In the event of a schedule change players & parents will be notified. We appreciate your flexibility and understanding! Go Cubs!

JULY



LUCAS CUBS FOOTBALL

2023

FAMILY ACCOUNTABILITY CHARACTER TOUGHNESS SELFLESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Lucas Athletic Dead Period
2 Lucas Athletic Dead Period	3 Lucas Athletic Dead Period	4 Lucas Athletic Dead Period	5 Lucas Athletic Dead Period	6 Lucas Athletic Dead Period	7 Lucas Athletic Dead Period	8 Lucas Athletic Dead Period
9	10 GUTS 6-8AM	11 GUTS 6-8AM	12 GUTS 6-8AM	13 GUTS 6-8AM	14	15
16	17 Camp 4-7pm	18 Camp Trip to Ohio Northern University Bus Departs at 10am	19 Camp at Ohio Northern University	20 Camp at Ohio Northern University return to Lucas at 1pm	21	22
23	24 Camp 4-7pm	25 Camp 4-7pm	26 Camp 4-7pm	27 Camp 4-7pm	28 Camp 4-7pm	29
30	31 Camp 4-7pm			Events and Times are subject to change! In the event of a schedule change players & parents will be notified. We appreciate your flexibility and understanding! Go Cubs!		

AUGUST



LUCAS CUBS FOOTBALL

2023

FAMILY ACCOUNTABILITY CHARACTER TOUGHNESS SELFLESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Practice 4-7:30pm	2 Practice 4-7:30pm	3 Practice 4-7:30pm	4 Practice 4-7:30pm	5 Scrimmage vs Loudonville 10am
6	7 Practice 3:45-6:30pm	8 Practice 3:45-6:30pm	9 Practice 3:45-6:30pm	10 Practice 3:45-6:30pm	11 Scrimmage vs Cardington 7pm	12
13 Coaches Meeting 6pm	14 Practice 3:45-6:30pm	15 Practice 3:45-6:30pm	16 Practice 3:45-6:30pm	17 Practice 3:45-6:00pm	18 Game 1 @ Clear Fork 7pm	19 Varsity Film 8:30am JV vs Clear Fork 10am
20 Coaches Meeting 6pm	21 Practice 3:45-6:30pm	22 Practice 3:45-6:30pm	23 Practice 3:45-6:30pm	24 Practice 3:45-6:00pm	25 Game 2 @ Hillsdale 7pm	26 Varsity Film 8:30am JV vs Hillsdale 10am
27 Coaches Meeting 6pm	28 Practice 3:45-6:30pm	29 Practice 3:45-6:30pm	30 Practice 3:45-6:30pm	31 Practice 3:45-6:00pm		
					Events and Times are subject to change! In the event of a schedule change players & parents will be notified. We appreciate your flexibility and understanding! Go Cubs!	