

COACH'S GREETING

The LHW coaching staff is looking forward to the 10-11 Fall sports season. Practice will be here before you know it! Please make your preparations for August by conditioning every day, doing both cardiovascular training and weight training.

We look forward to seeing you in August!

WHAT YOU WILL NEED FOR PRACTICE...

All athletes need to bring a school issued lock for their gym locker. Freshman and transfer students will be given a new lock, returning students should bring their lock from the previous year. Students without a lock may purchase a used lock for \$3.00.

Football: T-shirt, shorts, Athletic supporter and cup, jump rope, football cleats and running shoes, white socks, towel, shampoo, soap, deodorant, lunch (athletes are not allowed to leave campus between practice sessions) and plenty of fluids (no pop or soda)

To be purchased on Monday:

Mouth guard - \$2.00

Practice jersey - \$20.00

Boys' soccer: Good soccer shoes, shin guards, water bottle

Volleyball: Indoor shoes (different from ones you wear outside), change of clothes for second practice session, knee pads (optional), Active Ankle supports (optional for freshmen), water bottle labeled with your name, dinner for in between sessions (players able to drive may leave and come back)

Cross Country: Good running shoes, water bottle, wrist watch suited for running (optional)

Cheerleading: Details will be given on the first day of practice.