



LAMAR VIKINGS 7 ON 7

VIKING FIGHT NEVER DIES

To: VIKING 7 ON 7 VARSITY TEAM MEMBERS, COACHES AND PARENTS

FROM: JIM POYNTER

SUBJECT: 2022 PRACTICE/SQT/STATE SCHEDULE

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
3/26/22 (Sat)	CRAVENS	2-4:15 pm PRACTICE-cleats/mouthpiece/water/headgear
4/02/22 (Sat)	CRAVENS	2-4:15 pm PRACTICE-cleats/mouthpiece/water/headgear
4/09/22 (Sat)	CRAVENS	2-4:15 pm PRACTICE-cleats/mouthpiece/water/headgear
4/16/22 (Sat)	CRAVENS	2-4:15 pm PRACTICE-cleats/mouthpiece/water/headgear
4/19/22 (Tue)	CRAVENS	Spring Ball Begins
4/23/22 (Sat)	MELISSA SQT	6:00 AM AT LAMAR E. PARKING LOT
4/30/22 (Sat)	CRAVENS	2-4:15 pm PRACTICE-cleats/mouthpiece/water/headgear
5/07/22 (Sat)	CRAVENS	2-4:15 pm PRACTICE-cleats/mouthpiece/water/headgear
5/14/22 (Sat)	AHS SQT	6:15 AM AT LAMAR E. PARKING LOT
5/20/22 (Fri)	SPRING GAME	TBA AT CRAVENS
5/21/22 (Sat)	PLANO SQT	6:15 AM AT LAMAR E. PARKING LOT
5/24/22 (Tues)	CRAVENS	6:30-8:30 pm PRACTICE-cleats/mouthpiece/water/headgear
5/28/22 (Sat)	NORTHWEST SQT	6:00 AM AT LAMAR E. PARKING LOT
6/01/22 (Wed)	CRAVENS	6:30-8:30 pm PRACTICE-cleats/mouthpiece/water/headgear
6/03/22 (FRI)	GRAPEVINE SQT	6:15 AM AT LAMAR E. PARKIN LOT
6/07/22 (Tu)	CRAVENS	6:30-8:30 pm PRACTICE -cleats/mouthpiece/water/headgear
6/10/22 (Fri)	LD BELL SQT	6:30 AM AT LAMAR E. PARKING LOT
6/14/22 (Tu)	CRAVENS	6:30-8:30 pm PRACTICE- cleats/mouthpiece/water/headgear
6/17/22 (Fri)	KELLER FR SQT	6:00 AM AT LAMAR E. PARKING LOT
6/20/22 (Mo)	CRAVENS	6:30-8:30 pm PRACTICE-cleats/mouthpiece/water/headgear
6/22/21 (Wed)	CRAVENS	6:30-8:00 pm PRACTICE-cleats/mouthpiece/water/headgear
6/23/22 (Thu)	DEPART FOR CS	12:45 PM AT LAMAR E. PARKING LOT
6/24/22 (Fr)	POOL PLAY	Varsity: TBA
6/25/22 (Sa)	CHAMP BRACKET	Varsity: TBA; RETURN HOME IN PM

12 practices; 7 SQT's to get ready for State so make each one great!!!

- If you cannot make it to practice let Coach Poynter know via text (817-366-9914) before practice and why.
- BRING YOUR PERSONAL WATER TO EACH PRACTICE ALONG WITH YOUR CLEATS AND MOUTHPIECE.
- Note: There will be adjustments to this schedule along the way; Coach Poynter will keep you posted. PLAYERS: be sure you join the "Lamar Varsity 7 on 7" group on the "Sports You" app! That is how we will communicate as a team for the most part. IF YOU NEED A RIDE TO/FROM PRACTICE LET

COACH POYNTER KNOW NO LATER THAN 12 PM THE DAY OF PRACTICE OR BY 6 PM THE NIGHT BEFORE A TOURNAMENT. MAX OF 3 RIDERS SO FIRST TEXT/FIRST SERVED!

- Also check www.lamarvikings7on7.com for copies of maps/directions etc. Follow us on Twitter @lamar7on7