

FOSSIL RIDGE SQT SCHEDULE FOR 6/17/22 (FRIDAY)

6:00 am SHARP. Arrive at **east parking lot** at Lamar. BE ON TIME!!!! **MORE TRAFFIC THAN NORMAL DUE TO FRIDAY SQT!!** Players wear personal shorts/t-shirt/sandals. **BRING YOUR CLEATS/MOUTHPIECE/SOCKS/PERSONAL ITEMS (sunscreen, etc.)** and turn in entry fee (if owed) to **Mrs. Morris**. Check in with Coach Poynter upon arrival at his SUV and **sign liability form** for today's tournament. **AFTER** you check in with Coach, get both game jersey/shorts packet and breakfast once you have paid. **Coach Walker to issue helmets to players while at Lamar.**

6:35 am SHARP TEAM departs Lamar for **Keller Fossil Ridge HS, (turf field), 4101 Thompson Rd., Fort Worth, TX 76137** Absolutely no players driving personal cars.

7:10 am Arrive at KFR. **We will be on the "North" end for game # 1. We will be on the RIGHT sideline facing the goal and wearing our WHITE jerseys. Help carry all team/personal items to the field area. WE are the second game so put your belongings back behind the bench area.** Use the restroom; put on cleats AND BE READY TO Warm up!

7:55 am Meeting with refs prior to start of first game (not us)

8:10 am Group warm up lead by Coach Walker on sidelines

8:30 am Team warm-up drills by position. USE OUR ½ OF THE FIELD ONLY. **FULL SPEED NOW!**
WE HAVE 10 MINUTES!!

8:40 am Game # 1 vs. Lake Belton. Lamar is the visiting team; on "**O**" first, **RIGHT** sideline; WHITE JERSEY.

9:10 am. Game ends. **Back off sideline for the next game. Hydrate: use RR if needed. MOVE to the South end of the field; stay in white; on the right sideline**

9:35 am Warm up/stretch off the field (half time of current game). **Get a good warm up!**

9:50 am IMMEDIATELY start warm-up routine for **Game # 2.** Use our ½ of the field only; Vikes on "**O**" first. We have 10 minutes...

10:00 am Game # 2 vs Northwest. Right sideline of **south end**; White Jerseys; on "**O**" first.

10:30 am Game ends; **move back off sideline for the next game. MOVE to the North end of the field to the right sideline facing the goal. Stay in white for game # 3.**

10:55 am Warm up/stretch off the field (half time of current game). Get a good warm-up.

**11:10 am IMMEDIATELY start warm-up routine for Game # 3. Use our ½ of the game field only.
We have 10 minutes...**

11:20 am Game # 3 vs Keller FR. We are on “O” first! GO VIKES!

**11:50 am. After game 3; MOVE to the Left sideline, North End for game 4. Stay hydrated!
SCOUT POOL “D” opponent on either north or south end.**

11:55 am Switch to NAVY jerseys; eat small amount; hydrate!! RR if needed.

12:05 pm Warm up on our ½ of the game field. We have 15 minutes...GREAT WARM UP!

12:20 pm Play winner of Pool “A” in the state qualifying round. On “D” first. GO VIKES!

12:50 pm Game over, if 2nd qualifying game is needed:

12:55 pm Hydrate; switch to white jersey and move to right sideline of north field. JP TO CHECK THIS WITH REFS!

1:05 pm Warm up on our ½ of the game field. We have 15 minutes... GREAT WARM UP!

1:20 pm: Play runner up of Pools C/D in the extra state qualifying round. On “O” first. GO VIKES!

1:50 pm Game over; STATE BOUND!

2:00 pm Depart for Lamar HS. Help get everything packed up and carried to the parking lot. TURN IN BOTH JERSEYS AND SHORTS TO BE WASHED. Be sure you tell your driver if you are going home in a parent car!! NO STUDENT DRIVERS!

2:45 pm. Arrive Lamar HS VFND!