

## ARLINGTON HIGH SQT SCHEDULE FOR 5/13/23 (SATURDAY)

**6:30 am SHARP.** Arrive at **THE LAMAR MAC.** BE ON TIME!!!! Players wear personal shorts/t-shirt/sandals. Report DIRECTLY to the 2<sup>nd</sup> floor meeting room. **BRING YOUR CLEATS/MOUTHPIECE/SOCKS/JACKET.** Turn in the entry fee to **Mr. Carey.** Check in with Coach Poynter and **sign the liability form** for today's tournament. After you check in with Coach, get both game jerseys and **NAVY** shorts packet and breakfast from Mr. Carey once you have paid. **Coach Walker to issue helmets to players in the conference room.**

**7:00 am Coach Poynter to registration**

**7:10 am Help carry all team/personal items to the field area.** Put on your **Navy** jersey; cleats and mouthpiece; use **restroom.** Stretch/play catch/drink. We are on the **left sideline facing the goal line.**

**7:20 am** Pre-game stretching on left half of the field

**7:30 am** Full speed warm up on ½ the field

**7:50 am** Meeting with officials

**7:55 am** Defense on field ready to go!

**8:00 am Game # 1 vs Byron Nelson TC.** Lamar is the home team; **D first.**

**8:35 am** Back off sideline for the next game. **Change to WHITE jersey for the rest of the day.** Give **Mr. Carey your navy jersey.** Note: We are "off" for the next two games!

**8:40 am SCOUT** the PROSPER VS ROCKWALL game. Focus on **ROCKWALL.**

**9:20 am SCOUT** the FIRST HALF of the Byron Nelson vs Prosper game. **Focus on PROSPER.**

**9:35 am GO TO THE WEIGHT ROOM AND STRETCH AS A TEAM!** Been off for a while so get this right!! **JR IN CHARGE!**

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

**10:00 am Game # 2 vs ROCKWALL. GO VIKES!**

**10:30 am** Game ends; **move back off sideline for the next game. Stay in WHITE jersey right sideline for game # 3.**

**11:00 am** Stretch during 2<sup>nd</sup> half of the current game!

**11:10 am** **IMMEDIATELY** start warm-up routine on the **RIGHT** side of the field for **Game # 3.**  
**We have 10 minutes...**

**11:20 am** **Game # 3 vs PROSPER. We are on "O" first! GO VIKES!**

**11:50 pm.** After game 3; we will go up to the meeting room for lunch and break. Help carry all team items. Depending on the weather we will stay in the MAC until 30 minutes prior to the start of the qualifying round vs the winner of pool "D"

**TBD** We will play on the **SOUTH** end of **CRAVENS** Field; right sideline and wear our white jersey. Then go to the left sideline of the **WEST** indoor field facing the goal.

**TBD QUALIFIED!!**

**TBD** Help get everything packed up and carried to the parking lot. **TURN IN WHITE JERSEY, HELMETS AND SHORTS TO BE WASHED.**

**VFND!**