

Lakeland Dreadnaughts JV Football

June							2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4							
5	6	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	10	11							
12	13	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	17	18							
19	20	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	24	25							
26	27	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	Weight Room/Speed and Agility 2PM – 4PM	30								



IMPORTANT ANNOUNCEMENTS

- Physical day at Lakeland High School is to be determined. Student athletes will have the opportunity to have their physicals done for free at school. Information on this day will be released at a later date.
- Paperwork for physicals can be picked up at the athletic office at Lakeland High School. ****Your physical must be completed on a FHSAA athletic physical form****
- Your physical will be good for the entirety of the 2022-2023 school year. ****It must be completed after June 1st****
- Workouts will be held at Lakeland High School in the football weight room behind the field on Bartow Road.

CONTACT INFORMATION

Trace Agostino

(516) 382-3183

trace.agostino@polk-fl.net

Azadrean Yarde

(863) 409-2971

azadreany23@icloud.com

For updates and scheduling, follow us on social media

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@Thatdudezael

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