



Lanier Longhorns Freshman Football Off-Season Expectations 2011

Start date: January 10, 2012 (Tuesday)

Workout Times: Tuesday and Thursday. 4:45- 6:00 (No workouts on school holidays or early release)

Attire: Athletes are to wear:

- Lanier Football Shirts/ Shorts.
- If you do not have Lanier football shirts/shorts, you may wear other football appropriate shirts (i.e. college/pro. football) and shorts.
- White or Black Socks and athletic shoes.

Athletes can expect to do some training outside during weight lifting. Appropriate outside attire includes:

- Lanier Sweatshirts and sweat pants.
- Other football appropriate sweats.

**** Earrings, dew-rags, headbands, wristbands, watches, necklaces etc... are not acceptable attire.**

Attendance Procedures:

- Athletes who know they will be late or will miss practice for any reason (i.e. school function), should let a coach know prior to that day. **COMMUNICATION IS THE KEY TO LIFE!**

Carpool drop off and pick up procedures: Please drop off and pickup athletes in front of the Lanier High School Football field house.

After 6:15, please pickup your son in the front of the Lanier Football field house.

PLEASE BE PROMPT

Off-Season Expectations:

1. Come in proper attire.
2. Be here ON TIME (Coach Wells time = 10 minutes early) and be ready to work.
3. Be COACHABLE, EXCITED and demand the best from yourself and your teammates.

Coach Billy Wells
Head Football Coach
Lanier High School

