

2021 Lions Football





Lions Football Parent Booster Club:

The more people who join the better everything works.

- <https://www.lionsfootballboosters.com/>



Offense

- OC/Backs: Colin Rooney
- OL: Foster Bush
- WR: Tyler Blanchard

Defense

- DC/LB: Brad LaCombe
- DL: Chris Skogman
- DB: Tyler Blanchard



- C-Team Coaches
 - Head Coach: Jeff Thomas
 - Defense: Josh Agrimson
 - Offense: Tim Olish

- Graduate Volunteer
 - Ethan Montgomery



Athletic Trainer Brian Kennedy

Injuries:

- Final Decision – Eligibility
- Return to play
- Doctor's note

Concussion Protocols

- IMPACT testing – Baseline, post-injury
- Return to play process/steps (5-step plan)



Taping

- Small office = small occupancy

Office Hours

- 2PM through the end of practices
- May not be at summer practices –will notify head coach as they get closer
- Otherwise not on campus until August 16th start of fall season

Contact info

- 651-270-4218
- Brian.Kennedy@providenceacademy.org



Summer Football

- **Strength Training**
- **Summer Practices Mini-Camp**
- **7 on 7 League**

LIONS FOOTBALL

Summer Strength Training

PA Weight Room

- **Monday – Friday**
 - **8:30-10:00**





Summer Practices

- June 8,9,10,
- June 29,30 July 1,
- July 27,28,29
- Format
 - Tuesday-Thursday
 - 5:30 – 8:00 PM
 - 5:30-5:50 Team Meetings in Great Room
 - 6:00-8:00 On the Field
 - Helmets and then Helmets and Shoulder Pads



Summer 7 on 7

- **Osseo High School**
- **Mondays 6-8PM**
- **June 14, 21, 28**
- **July 12, 19, 26**
- **Varsity 2 Deep**

- **Teams:**

Osseo

Maple Grove

Anoka

Irondale

Blaine

Coon Rapids

Andover

Hopkins

Monticello

Mpls SW

Park Center



In-Season

- **Starts Monday August 16th**
 - **Two A Days Schedule (first two weeks)**
 - **Practice Times: 12:00–6:00PM**
 - **M-W-F 2 Practices: 12:45–2:45 & 4:00-6:00**
 - **T–TH 1.5 Practices 2:30-3:30 (ST Only) & 4:00-6:00**
 - **Meetings/Classroom before each practice**
- **Scrimmage Saturday August 28th at Benilde**
- **First Game September 2nd or 3rd**



- Game Weeks Monday-Saturday
 - Monday: Game Plan-Opponent Films- C TEAM Game
 - Tuesday & Wednesday: Work Days
 - Thursday: Fine Tune and Team Meal
 - Friday: Game night
 - Saturday Mornings (9-11)
 - Game Films
 - **C-Team Practice As Needed**



- **2021 Varsity Schedule:**

- *Sep 3 Richfield*
- *Sep 10 @ Spectrum*
- *Sep 17 Academy Force*
- *Sep 24 St. Agnes*
- *Oct 1 @ Breck*
- *Oct 8 Concordia Academy*
- *Oct 15 @ St. Croix Lutheran*
- *Oct 20 @ SMB (MEA)*
- *Oct 26 Section Playoffs Start*

2021

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
NOON - 6PM						
23	24	25	26	27	28	29
NOON - 6PM				9-11 AM	Scrimmage 8AM-Noon	
30	31	Notes:				

2021

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
4:00- 6:00 PM				Game Night	9:00-11:00 AM	
06	07	08	09	10	11	12
4:00- 6:00 PM				Game Night	9:00-11:00 AM	
13	14	15	16	17	18	19
4:00- 6:00 PM				Game Night	9:00-11:00 AM	
20	21	22	23	24	25	26
4:00- 6:00 PM				Game Night	9:00-11:00 AM	
27	28	29	30	01	02	03
4:00- 6:00 PM				Game Night	9:00-11:00 AM	
04	05	Notes:				

Enter monthly Notes in this cell

2021

October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

04

05

06

07

08

09

10

4:00- 6:00 PM

Game Night

9:00-11:00 AM

11

12

13

14

15

16

17

4:00- 6:00 PM

Game Night

9:00-11:00 AM

18

19

20

21

22

23

24

4:00 - 6:00 PM

Game Night

MEA Practice 9-11AM

25

26

27

28

29

30

31

4:00 - 6:00 PM

Playoffs

4:00 - 6:00 PM

Playoffs



Communication

- Playing time
- Schedule conflicts
- Open Door Policy
- Coach Communication:
 - To Players via HUDL
 - To Parents through Booster Club

LIONS FOOTBALL

Upcoming Dates:

- Football Registration Now Open
- <https://providenceacademy-ar.schooltoday.com/home>
- Scroll down and click on this icon:



- First Summer Practice Week
 - June 8-10



BSN

Apparel Online Store Dates: May 23rd runs until June 10th

SHOP DETAILS

<https://www.bsnteamssports.com/shop/PAFB2021>

****2nd Ordering window in July if needed****

ORDER BY
JUNE
10

PROVIDENCE ACADEMY 2021 FOOTBALL



\$20.00 **BSN SPORTS Phenom Long Sleeve T-Shirt**
Available in 2 other colors.



\$22.00 **Sport-Tek PosiCharge Long Sleeve Tri-Blend Wicking Raglan Tee**
Available in 2 other colors.



\$23.00 **District Made Perfect Tri Hoody**
Available in 1 other color.



\$65.00 **Nike Club Pullover Fleece Hoodie**
Available in 3 other colors.



\$42.00 **Nike Club Fleece Pant**
Available in 2 other colors.



\$33.00 **Nike Flex Woven Pocket Short**



\$21.00 **BSN SPORTS Agility 2 Pocket Short**



\$73.00 **Nike Dry Showtime Full Zip Hoodie**
Available in 1 other color.



\$62.00 **Nike Dry Showtime Pant**
Available in 1 other color.



\$59.00 **Nike Dry Victory OLC Half-Zip**
Available in 1 other color.

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+ NAME/TEAM NUMBER PERSONALIZATION AVAILABLE + UPCHARGES APPLY FOR LARGER SIZES



MTS Customer Support - ref # 7179341
1-800-749-3813 | myteamshop@bsnsports.com



Access Code
PAFB2021
www.bsnteamsports.com



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Order 5/20 to 6/10



Questions