

### 2019 Fall Pres-Season Schedule – Lynnfield Athletics

- Please contact coaches with any questions

**Football: Coach Pat Lamusta, lamustap@lynnfield.k12.ma.us**

Thursday 8/15 – Equipment Issue. 5:00pm – Seniors/Juniors, 5:30pm – Soph/Freshman

Friday 8/16 – 3:00pm arrival, 3:30 meeting, 4:00pm-6:00pm practice

Saturday 8/17 – 7:00am arrival, 7:15 meeting, 8:30am-10:30am practice

Sun – OFF

Monday 8/19 - 7:00am arrival, 7:15 meeting, 8:30am-10:30am practice

Tuesday 8/20 – 12:00pm arrival, 12:15pm meeting, 1:00pm-3:30pm practice

Wednesday 8/21 - 12:00pm arrival, 12:15pm meeting, 1:00pm-3:30pm practice

Thursday 8/22 – 7:00am arrival, 8:15am-10:45am practice and 12pm arrival, 1:00-2:00pm practice

Friday 8/23 - 7:00am arrival, 8:15am-10:45am practice and 12pm arrival, 1:00-2:00pm practice

Saturday 8/24 – Scrimmage at LHS, 11:45am arrival and 2:00pm-4:00pm scrimmage

Sunday 8/25 – OFF

Monday 8/26 – 2:30pm practice

Tuesday 8/27 – Scrimmage away, 2:30pm arrival

**Cross Country: Coach Joe DiBiase, dibiasej@lynnfield.k12.ma.us**

Wednesday 8/21 – 6:00pm Parents and student meeting outside gym lobby at LHS

Thursday 8/22 thru Saturday 8/24 – 8:45am Gym Lobby LHS

Sunday 8/25 – OFF

Monday 8/26 and Tuesday 8/27 – 2:30pm Gym Lobby LHS

**Boys Soccer: Coach Brent Munroe, [cbajmunroe@verizon.net](mailto:cbajmunroe@verizon.net)**

Thursday 8/22 – 9:00am practice to 11:00am, 4:00pm practice to 6:00pm

Friday 8/23 - 9:00am practice to 11:00am, 4:00pm practice to 6:00pm

Saturday 8/24 – 9:00am to 12:00pm Scrimmages at LHS, returning varsity players only

Sunday – OFF

Monday 8/26 – 3:00pm practice to 5:00pm

Tuesday 8/27 – Scrimmage away arrival 2:00pm

**Girls Soccer: Coach Mark Vermont, [vermontm@lynnfield.k12.ma.us](mailto:vermontm@lynnfield.k12.ma.us)**

Wednesday 8/21 – 6:30pm to 7:15pm at LHS, Parents and student meeting to collect paperwork

Thursday 8/22 – 6:30am to 9:00am, bring sneakers and cleats. Goalies will stay longer 9:00am-10:00am

Session 2: 2:00pm-4:30pm

Friday 8/23 – Goalies only 6:45am – 7:45am, All Team 7:30am to 10:00am and 2:00pm-4:30pm

Saturday 8/24 – 7:00am to 9:00am

Sunday 8/25 – OFF

Monday 8/26 – 2:30 to 6:00pm, Varsity Scrimmages. Rest of program practice

Tuesday 8/27 – 3:00pm to 5:30pm practices

**Golf: Coach Michael Moresco, [michael.moresco@gmail.com](mailto:michael.moresco@gmail.com)**

Monday 8/26 – 7:00am at Sagamore Golf Course

Tuesday 8/27 – 7:00am at Sagamore Golf Course

Wednesday 8/28 – 2:45pm at Sagamore Golf Course

Thursday 8/29 – 2:45pm at Sagamore Golf Course

**Field Hockey: Coach Mamie Reardon, [mkreardon@comcast.net](mailto:mkreardon@comcast.net)**

Thursday 8/22 and Friday 8/23 – 9:00am to 11:00am and 2:00pm to 4:00pm

Saturday 8/24 – TBA

Sunday 8/25 – OFF

Monday 8/26 - 9:00am to 11:00am and 2:00pm to 4:00pm

Tuesday 8/27 – Scrimmage TBA

**Volleyball: Coach Brent Ashley, [ashleyb@lynnfield.k12.ma.us](mailto:ashleyb@lynnfield.k12.ma.us)**

Thursday 8/22 thru Saturday 8/24 – 9:00am to 1:00pm practices

Sunday 8/25 – OFF

Monday 8/26 – 1:00pm to 4:00pm practice

Tuesday 8/27 – 2:30pm to 5:00pm practice

**Cheer: Coach Tiffany Petruzella, [tpcheer929@yahoo.com](mailto:tpcheer929@yahoo.com)**

- Please contact coach for schedule, tryouts already took place in June