High School Fall Sports 2026 Update

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WE WILL REMAIN CASHLESS ADMISSION THROUGH GOFAN FOR ALL ATHLETIC EVENTS FOR 2026-2027.

Fall Sports Athletic Clearance

In order to participate in athletics all student athletes need a physical (dated on or after April 15th, 2026) completed on a MHSAA Physical Form, a signed Athletic Code of Conduct acknowledgement, and a completed emergency medical form. All of these forms are available in the High School main office and online - https://www.lapeerschools.org/o/lightningathletics.

High School Fall Sports Athletic Clearance will begin Monday, August 3 and continue throughout the week at the High School Athletic Office 7:30 a.m.-3 p.m.

ALL HIGH SCHOOL FALL SPORTS PRACTICES BEGIN ON MONDAY, AUGUST 10TH

Fall Sports Coaches' Contacts

FR Football: Justin Thomas – justin.thomas@lapeerschools.org

Asst.: Jacob Brown – jacob.brown@lapeerschools.org

JV Football: Tyrone Bruce – tyrone.bruce@lapeerschools.org

Asst.: TBD –

V Football: Tony Merlo – anthony.merlo@lapeerschools.org

Asst.: Eric Hensel – eric.hensel@lapeerschools.org

FR Volleyball: Erin Sahr – erin.sahr@lapeerschools.org

JV Volleyball: Lisa McAley – lisa.mcaley@lapeerschools.org

V Volleyball: Barry Jones – barry.jones@lapeerschools.org

Asst.: Tessa Becker – tessa.becker@lapeerschools.org

Cross Country: Bill Spruytte – william.spruytte@lapeerschools.org

Russ Reitz – russell.reitz@lapeerschools.org

V Girls Golf: Lynn Hiltz – lynn.hiltz@lapeerschools.org

JV Boys Soccer: TBD –

V Boys Soccer: Ducan Rowley – ducan.rowley@lapeerschools.org

V Boys Tennis: Oscar Rodriguez – oscar.rodriguez@lapeerschools.org

Asst.: Zach Nolan – zachary.nolan@lapeerschools.org

V Boys Swim & Dive: Linda Wagner – linda.wagner@lapeerschools.org

JV Sideline Cheer: Ramsey Kress – ramsey.kress@lapeerschools.org

V Sideline Cheer: Deanna Michalik – deanna.michalik@lapeerschools.org

V Dance Team: Nicole Clemens – nicole.clemens@lapeerschools.org

V Equestrian Team: Amanda or Jen – lapeerequestrianteam@yahoo.com

Summer Sports Opportunities

Strength & Conditioning Schedule

Location: LHS Weight Room

- Mondays, Tuesdays & Wednesdays
    - 3 - 4 p.m. - Middle School/Beginner/Intermediate
    - 4 - 5 p.m. - Advanced
    - 5 - 6 p.m. - Female Strength & Conditioning

- Start Date: Tuesday, June 16th
- Dead Week - Week of June 29th - No Team Activities
- End Date: Week of August 3rd

Speed & Agility Training

- Thursdays - 9 - 10 a.m. @ Fitzpatrick Field
- ETS out of Oxford

Cross Country

LHS CROSS COUNTRY



FREE REGISTRATION

DAY CAMP

THURSDAY AUGUST 13TH

LAKE ST. CLAIR METROPARK
31300 METRO PKWY, HARRISON TWP, MI 48045

WHAT TO BRING:

*RUNNING GEAR
*WATER BOTTLE
*TOWEL/SWIMMING SUIT
*CHANGE OF CLOTHES
*SNACK FOR BUS RIDE HOME

ACTIVITIES:

*MORNING WORKOUT
*TEAM MEETING
*LUNCH - PROVIDED
*SWIMMING, VOLLEYBALL, PICKLEBALL, FREE TIME

PARENT MEETING AT CFI AT 5:30 PM

BUS DEPARTURE FROM CFI
Arrive 8:15 am / Leave 8:30

BUS RETURN TO CFI
Approximately 5:00 pm

UNIFORM HAND OUT WILL TAKE PLACE BEFORE OR AFTER PARENT MEETING

SIGNED PERMISSION SLIP REQUIRED TO ATTEND

LHS Cross Country 2026 Summer Conditioning Schedule

Date	Day	Time	Place
6-16	Tuesday	8:30-10:00 am	CFI
6-17	Wednesday	8:30-10:00 am	CFI
6-18	Thursday	8:30-10:00 am	CFI
6-23	Tuesday	8:30-10:00 am	CFI
6-24	Wednesday	8:30-10:00 am	CFI
6-25	Thursday	8:30-10:00 am	CFI
*****Sunday June 28th to Sunday July 5th MHSAA Dead Week*****			
7-4	Saturday	8:00 am	Hadley 5K
7-7	Tuesday	8:30-10:00 am	CFI
7-8	Wednesday	8:30-10:00 am	CFI
7-9	Thursday	8:30-10:00 am	CFI
7-14	Tuesday	8:30-10:00 am	CFI *
7-15	Wednesday	8:30-10:00 am	CFI *
7-16	Thursday	8:30-10:00 am	CFI *
7-21	Tuesday	8:30-10:00 am	CFI
7-22	Wednesday	8:30-10:00 am	CFI
7-23	Thursday	8:30-10:00 am	CFI
7-28	Tuesday	8:30-10:00 am	CFI **
7-29	Wednesday	8:30-10:00 am	CFI **
7-30	Thursday	8:30-10:00 am	CFI **
*****Sunday August 2nd to Sunday August 8th MHSAA Down Week*****			

Important Summer Dates:

*Week of July 14th - Swim day at Coach Manny's house after practice - Day TBD

**Week of July 28th - End of summer training party at Coach Cerny's house - DAY TBD

Saturday, August 8th - Field Day - We need athletes to attend

Monday, August 10th - First Day of Practice

Thursday, August 13th - Team Camp (All Day) / Parent Meeting 5:30 pm at CFI

High school cross country meets typically start the week of August 17th - Please plan vacations accordingly.

Football

JUNE Character, Commitment, Competition 2026 CALENDAR

SUN	MON	TUE	WE	THU	FRI	SAT
	1	2	3	4	5	6
7	8 MS Camp @ CFI Lightning Round Up 6 pm LHS Gym	9 Exams MS Camp @ CFI	10 ½ Day Exams Combine 2 pm @ CFI	11 ½ Day Exams	12	13
14: Leave For Alma College	15 Alma College Day #1	16 Alma College Day #2	17 Alma College Day #3 Leave for Home	18 Speed and Agility 9 am @CFI	19	20
21	22 Lifting and Field Work 4-7	23 Lifting 3 11 on 11: North Branch 6pm	24 Lifting 3-4 7 on 7 @ Brandon TBD	25 Speed and Agility 9 am @CFI	26	27
28	29 Dead Week	30 Dead Week				

July Character, Commitment, Competition 2026 CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Dead Week	2 Dead Week	3 Dead Week	4
5	6 Lifting and Field Work 4-7	7 Lifting 3-4 7 on 7 @ Romeo 5 pm	8 Lifting 3 11 on 11: North Branch 6pm	9 Speed and Agility 9 am @CFI	10	11
12	13 Lifting and Field Work 4-7 D-Zone 7on 7 North Farmington HS TBD	14 Lifting and Field Work 4-7	15 7 on 7 @ Chelsea 9 am O-Line Challenge @OLSM 10 am Lifting 4-6	16 Speed and Agility 9 am @CFI	17	18
19	20 Lifting and Field Work 4-7	21 Lifting 3-4 7 on 7 @ Romeo 5 pm	22 Lifting 3-4 7 on 7 @ Brandon TBD	23 Speed and Agility 9 am @CFI	24	25
26	27 Lifting and Field Work 4-7	28 Lifting and Field Work 4-7	29 7 on 7 @ Chelsea 9 am Lifting 4-7	30 Speed and Agility 9 am @CFI	31	

Girls and Boys Soccer

July 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13 Boys 5:30-7:00 Field 5	14 Boys 5:30-7:00 Field 5	15 Boys 5:30-7:00 Field 5	16 Boys 5:30-7:00 Field 5	17 Boys 5:30-7:00 Field 5	18
19	20 Girls: 5:30-7:00 Boys 5:30-7:00 Field 5	21 Girls: 5:30-7:00 Boys 5:30-7:00 Field 5	22 Girls: 5:30-7:00 Boys 5:30-7:00 Field 5	23 Girls: 5:30-7:00 Boys 5:30-7:00 Field 5	24 *Boys Strongsville*	25 *Boys Strongsville*
26 *Boys Strongsville*	27 Boys/Girls 4-5:30 Youth Mini Camp 5:30-7:00	28 Boys/Girls 4-5:30 Youth Mini Camp 5:30-7:00	29 Boys/Girls 4-5:30 Youth Mini Camp 5:30-7:00	30 Boys/Girls 4-5:30 Youth Mini Camp 5:30-7:00	31 Alumni Game Girls Alum 6:00 Boys Alum 7:30	

NOTES

For information on joining our *Team Snap* app, please reach out to Coach Rowley at **duncan.rowley@lapeerschools.org**

Volleyball

2026 LAPEER VOLLEYBALL SUMMER SCHEDULE

- ~~**THE VOLLEYBALL ACADEMY x LAPEER VOLLEYBALL SUMMER CAMP @ ROLLAND-WARNER CAMPUS!**~~
  - ~~For Incoming 7th – 9th Grade Players (2026-2027 Grade Level)~~
  - ~~Dates: June 16th, 17th, + 18th~~
  - ~~Time: 4:00pm-6:00pm~~
  - ~~Registration Fee: $90.00~~
  - ~~QR Code for Online Registration Form. Please register by June 5th:~~
    - ~~Registrations at the door or after June 5th are more than welcome but camp t-shirt is not guaranteed.~~

- **OPEN GYMS!**
  - For Incoming 9th - 12th Grade Players (2026-2027 Grade Level)
  - Dates that will be from 6:30pm-8:45pm **@ Rolland-Warner Campus**: June 23rd + 25th, July 7th + 9th + 14th + 16th + 28th + 30th
  - Dates that will be from 6:30pm-8:45pm **@ Zemmer Campus**: July 21st
  - Dates that will be from 4:30pm-6:45pm **@ Zemmer Campus**: July 23rd
  - If any more open gym dates are scheduled or canceled - we will post on our socials! (Facebook and Instagram)
  - Sign-up required/**No** fee - A poll to sign up will be posted in TeamReach before each open gym for coaches to have an approximate headcount. If you need the TeamReach code - please message us on socials or email us!

- **JV + VARSITY SUMMER LEAGUE!**
  - For Incoming 10th – 12th Grade Players (2026-2027 Grade Level)
  - Wednesdays @ Arsenal Volleyball Club in Mt. Morris @ 4:00pm-9:30pm
  - Dates: ~~June 17th~~, June 24th, July 8th, July 15th, July 22nd, + July 29th
  - **Sign-up** required with the respective team coach/**No** fee

- **FRESHMAN SUMMER LEAGUE!**
  - For Incoming 9th Grade Players (2026-2027 Grade Level)
  - Mondays @ Arsenal Volleyball Club in Mt. Morris @ 6:00pm-9:00pm
  - Dates: ~~June 15th~~, June 22nd, July 6th, July 13th, July 20th, + July 27th
  - **Sign-up** required with the respective team coach/**No** fee

- **SUMMER STRENGTH + CONDITIONING!**
  - More details will be coming!!! Watch Lapeer Lightning Facebook page and/or our Lapeer High School Volleyball Facebook page or Instagram for updates!

- **FERRIS STATE VOLLEYBALL TEAM CAMP!**
  - For CURRENT players – **INVITE ONLY**.
  - @ Ferris State University in Big Rapids, MI
  - Varsity – July 17th – 19th. Cost: $280.00
  - JV + Freshman – July 13th – 15th. Cost: $280.00

- **DEAD WEEKS!**
  - Summer Dead Week: June 29th – July 5th
  - Preseason Down Time: August 1st – 9th
  - During these weeks – training from the Lapeer Volleyball Coaching Staff is not allowed – regulated by the district + MHSAA.

- **TRYOUTS!**
  - For Incoming 9th – 12th Grade Players (2026-2027 Grade Level)
  - Dates: August 10th, 11th, + 12th @ Lapeer High School *Subject to Change*
  - Varsity (11th + 12th): 3:30pm-5:30pm
  - JV (10th) + Freshman: 6:00pm-8:00pm
  - Clearance information **in order to try out** will be posted at a later time!

If you have any questions, please feel free to contact us through Facebook Messenger – Lapeer High School Volleyball or email us at lapeervolleyball1@gmail.com. Please "like + follow" our Facebook page or Instagram account as we use these to communicate updates + information. Thank you!

Boys Tennis

Lapeer High School Boys Tennis Summer-Fall 2026

1. **Summer Tennis Program** at the Lapeer Recreation Department - intermediate and advanced tennis classes. **Tuesdays and Thursdays** (June 23, 25 July 7, 9, 14, 16, 21, 23)
2. **Register at the Lapeer Recreation Center** – Beginners, Intermediate or Advance. **The cost is $52.00 - $58.00.** This is highly recommended for all JV and new players. Register on-line at **lapeerpr.recdesk.com.**
3. **Wednesdays – Open Tennis 9:45 – 11:15** (June 17, 24 July 8, 15, 22) expected by all JV and Varsity players.
4. **Season starts August 10th -** You must have a physical to participate and be "cleared" by the administration. JV and Varsity players will practice from 8:00 a.m.– 10:30 a.m. during the first week of practice.

   AUGUST PRACTICE – 10,11, 12, 13, 14, Bring plenty of water to take to your court.

   SAVE THE DATES – Varsity Tournaments (7:30 – 4:00)

   Monday, August 17th Lightning Quad I

   Wednesday August 19th Lightning Quad II

Sign up for Remind to keep informed throughout the season. Our group is Bolts Tennis. Go to remind.com The code is t3bfff

My email address is oscar.rodriguez@lapeerschools.org

Coaches Mr. Rodriguez and Mr. Hall

Wrestling

Open Mats on Mondays from 5:00 - 6:30 p.m. in the LHS Wrestling Room all summer.

Swim & Dive

All Swim and Dive summer camp dates run 8:00-9:30 PM @ the Lapeer Rec Center

June 25th

July 14th, 16th, 21st, and 23rd