

Andrew Lewis Middle Football

2026 Summer Workout Schedule

- The Field House at Salem High School will be open for summer lifting beginning **June 1st** on Mon., Tues., and Thur. start time is **9:00 am** for summer lifting and running. A coach will be there to supervise at all times. We will begin the workouts at **9am** sharp (be on time). We hope to be finished around **10:30 am**.
- Schedule your vacations before the start of Practice **Monday, July 27th, 2026. We will practice on Labor Day –September 7th.**
- **Absence from practice has consequences.**
- There are 22 summer workout days before the season. You are encouraged to attend everyday that you are in town.
- You must have a completed **VHSL** physical dated after **May 1st, 2026** before **participating in summer workouts.**
- Equipment will be issued throughout the summer after workouts and the first practice will be held on **Monday, July 27th at 8:30am on the fields of Salem High School please arrive by 8am to prepare for practice.**

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 <u>Must have a completed VHSL physical before participating in workouts</u>	1 Summer Workouts Begin 9:00am -10:30am	2 Lift / Run 9:00am <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">First week of workouts</div>	3	4 Lift / Run 9:00am	5	6
7	8 Lift / Run 9:00am	9 Lift / Run 9:00am	10	11 Lift / Run 9:00am	12	13
14	15 Lift / Run 9:00am	16 Lift / Run 9:00am	17	18 Lift / Run 9:00am	19	20

1. **Practice absences have consequences -all dentist and doctor appointments should be moved to avoid practice conflicts. Sick athletes need to attend practice or visit with a coach or trainer to avoid missing a game. Injured athletes are to attend practice. Habitual absences from practice will result in dismissal from the team.**
2. **No travel team sports during football season -July 27th-October 7th,2026. We will practice on Labor Day September 7th,2026.**
3. **Plain calf high white socks for practices and games. All cleats are to be the color black. Mouthpieces must be attached to the helmet and the ones we issue -no specialty mouthpieces unless approved by a coach. No head coverings under the helmet can be worn.**

June-July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
21	22 Lift/ Run 9:00am	23 Lift/Run 9:00am	24	25 Lift/Run 9:00am	26	27
28	29 VHSL DEAD WEEK (no workout)	30 VHSL DEAD WEEK (no workout)	1	2 VHSL DEAD WEEK (no workout)	3	4
5	6 Lift / Run 9:00am	7 Lift / Run 9:00am	8	9 Lift / Run 9:00am	10	11
12	13 Lift / Run 9:00am	14 Lift / Run 9:00am	15	16 Lift / Run 9:00am	17	18
19	20 Lift / Run 9:00am	21 Lift / Run 9:00am	22	23 Lift / Run 9:00am	24	25

July-August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 1 st Practice 8:30am -10am 10:45am -12:15pm	28 Practice 8:30 -10am 10:45- 12:15pm	29 Practice 8:30-10am 10:45-12:15pm	30 Practice 8:30-10:am 10:45- 12:15pm	31 Practice 8:30am - 10am 10:45- 12:15 pm	1
2	3 Practice 8:30am -10am 10:45am -12:15pm	4 Practice 8:30 -10:15am 10:45am -12:15pm	5 <u>8th grade</u> <u>scrimmage-</u> <u>Jamboree</u> <u>Salem Stadium</u> <u>5:00pm</u> 7 th grade practice 8:30am-10am 10:45am- 12:15pm	6 Practice 8:30 - 10:30am <u>Team Picture</u> <u>11:15am-</u> <u>12:15pm</u> <u>Spartan Field</u>	7 Practice 8:30am -10am 10:45am- 12:15pm	8

9	<p>10^{8th} Practice 3:30-5:45pm</p> <p><u>7th grade scrimmage at Read Mountain 4:30pm</u></p>	<p>11 7th and 8th Practice 3:30-5:45pm</p>	<p>12 7th and 8th Practice 3:30-5:45pm</p>	<p>13 <u>7th game 5pm Patrick Henry Home</u></p> <p><u>8th game 6:30pm Patrick Henry Home</u></p>	<p>14 <u>Pool Party Stonegate 12pm -2pm</u></p>	15
16	<p>17 <u>First Day of School</u> 8th practice 3:30pm- 5:45pm</p> <p><u>7th game 5:30pm at Eastern Montgomery</u></p>	<p>18 7th and 8th practice 3:30pm- 5:45pm</p>	<p>19 7th and 8th Practice 3:30 pm -5:45pm</p>	<p>20 <u>8th grade 8th game Cave Spring Away 5:00pm</u></p> <p><u>7th grade practice 3:30pm- 5:45pm</u></p>	21 No practice	22
<p>August -September 2026</p>						
23	<p>24 <u>8th game Christiansbur g Away 6:15pm</u></p> <p><u>7th grade practice 3:35pm -5:45pm</u></p>	<p>25 7th and 8th Practice 3:35pm- 5:45pm</p>	<p>26 8th Practice 3:35-5:45pm</p> <p><u>7th game Glenvar Home 5pm</u></p>	<p>27 <u>8th grade game Wm. Fleming 5pm Home</u></p> <p>7th grade practice 3:30pm- 5:45pm</p>	28 No practice	29
30	<p>31 7th and 8th Practice 3:35pm -5:45pm</p>	<p>1 7th and 8th Practice 3:35pm -5:45pm</p>	<p>2 <u>8th game Hidden Valley Home 5 pm</u> 7th Practice 3:35pm -5:45pm</p>	<p>3 8th practice 3:35pm- 5:45pm <u>7th game Radford Away 5pm</u></p>	4 No practice	<p>5 Remember we practice on Labor Day Monday, September 7th 3:30pm until 5:45pm</p>

2026 Andrew Lewis Middle Football Schedule**Important Date to Remember:****July 27th ,2026 – Tryouts begin****2026 - 8th Grade Schedule**

Date	Time	Opponent	Location
August 5th	5:00 PM	Jamboree	Salem Stadium
August 13th	6:30 PM	Patrick Henry	Home
August 20th	5:00 PM	Cave Spring	Away
August 24th	6:15 PM	Christiansburg	Away
August 27th	5:00 PM	Wm. Fleming	Home
September 2nd	5:00 PM	Hidden Valley	Home
September 10th	5:30 PM	Read Mountain	Home
September 23th	5:00 PM	Ben Franklin	Home
September 30th	5:00 PM	Northside	Away
October 7th	5:00 PM	Pulaski	Away

2026 - 7th Grade Schedule

Date	Time	Opponent	Location
August 10th	4:30 PM	Jamboree	Read Mountain
August 13th	5:00 PM	Patrick Henry	Home
August 17th	5:30 PM	Eastern Montgomery	Away
August 26th	5:00 PM	Glenvar	Home
September 3rd	5:00 PM	Radford	Away
September 8th	5:00 PM	Read Mountain	Away
September 14th	5:00 PM	Wm. Byrd	Home
September 21st	5:00 PM	Ben Franklin	Away
September 28th	5:00 PM	Northside	Home
October 7th	5:30 PM	Central Academy	Home

Updated 5/1/2026 (not final- subject to change)