

2026 Incoming Athlete Information



Welcome to Lancer Football! We can't wait to get you involved in our program, and hope you are excited about becoming an Orange Lutheran Lancer! Starting soon, you will have the opportunity to connect with our team and coaches. Below you will find some helpful information as you look to get plugged into the Football Program.

- **May 1st – Freshman Football Information Night (Meet the Coaches) 6:00 pm**
 - We will meet in the Team Room, in the Lower Level of the Athletic Building
 - This is a chance for incoming freshmen and parents to meet the coaches and your future teammates!

Summer is a time for you to get strong and fit so that you can enter our fall season well prepared. We highly encourage you to get involved and join our May skill sessions for any workouts that you are available.

- **Full Summer Calendar**
 - A full summer calendar is available on the football website.
- **May Skill Development Camp Opportunity**
 - During the month of May we will offer eight skill development sessions. These will be great opportunities for incoming athletes to begin to be introduced to their teammates and coaches as well as develop fundamental skills.
- **Summer Performance Training**
 - For Freshman Football athletes, Performance (weight room) will be part of summer football practices. You do not need to sign up for one of the Performance Camps offered in July.
- **Summer Practice Sessions**
 - Beginning in June, we will conduct summer practice sessions to begin honing in on the upcoming season.
 - For these sessions, players need cleats, mouthguard. OLu Football gear will be distributed.

Note: The Athletic Department has worked hard to develop schedules which will allow athletes the opportunity to compete in multiple sports. There should be limited conflicts.

Whether your son is an experienced football player or trying football for the first time, we believe they can be a fit in the OLu Football Program! We begin teaching fundamentals from the ground up, always having the safety of our players as a top priority. Being a part of the Freshman Football Program will give your son a tremendous opportunity to meet dozens of their new classmates prior to the beginning of the school year and begin to get acclimated to life as a Lancer!

****You must be an enrolled OLu student who has completed their 8th-grade year to participate in summer workouts (starting in June). Please note that per CIF rules, coaches can only communicate with students who are enrolled for the 2026-27 school year.***

Athletic Clearance/Updated Physical: All athletes will need to have an updated profile and current physical on file. Both of these must be dated/completed after May 25, 2026. This will need to be completed prior to the start of Summer Workouts (June 9).