

Lakeville North Youth Football – 5th Grade | 2025 Season

Practices: Mon, Tues & Thurs

Practice Location: Century Middle School

Games: Saturdays (occasional weekdays)

Game Locations: Around the SM6 League, HS's & MS's


Director: Grant Sather | grant@hegenes.com | 612.463.3140

Registration Link: [Fall 2025 Registration](#)

Key Details

Equipment Handout, Weigh-In & Player Evaluation

Sunday, July 20 | 5:30–7:00 PM

 Varsity Stadium (Under Bleachers)

Players will receive:

- Shoulder pads, reversible game jersey (and practice jersey if needed)
- Athletes must be present for weigh-in
- Athlete Evaluation - come dressed to run, bring your helmet. After checking in, and completing the combine on the varsity field, you'll return to grab shoulder pads and jersey.

Ball Carrier Rule: Players over 105 lbs cannot carry the ball but may still play QB or receiver.

Players must bring:

- Helmet (**white**)
- Football pants (**white**)
- Mouthguard & cleats

First Practice & Team Assignments

Week of August 4th

- Practices: Mon, Tues & Thurs | 6:00–8:00 PM (Times will vary, based on daylight)
- Location: Century Middle School
- All 5th graders practice as one group to start and finish practice
- Teams Announced Week #1

Games & League Info

We play in the **South Metro Six Youth Football League (SMYFL)** against nearby communities with similar developmental focus.

- **Format:** 9 vs. 9
- **Season:** ~2 games pre-Labor Day, 6 after
- **Finale:** Like-vs-like match based on standings
- [SMYFL 5th Grade Rules](#)

SMYFL sets the schedule—thank you for your patience as game dates/times are released.

Game times (based on past years):

- Weeknights: 6:00 PM
- Saturdays: 10:00 AM–5:00 PM

Helpful Links

- [Class of 2033 Facebook Group](#)
- [Lakeville North Football Site](#)
- [Fall 2025 Registration](#)

Looking forward to a great season!

Grant Sather

5th Grade Director

 grant@hegenes.com |  612.463.3140