

## **Voluntary Summer Workouts for Football**

Voluntary summer workouts will be held on the dates listed below from 7:00 PM – 8:15 PM. The workouts will be held at the football stadium at Franklin County Middle School. Although I would strongly encourage players to attend as many of the workouts as possible, they are strictly voluntary. Workouts will consist of conditioning and strength drills

June 22, 24, 29

July 1, 6, 8, 13, 15, 20, 22, 27, 29