

# **Voluntary Summer Workouts**

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 the new 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. Time will also be spent teaching offensive and defensive schemes that will be used during the season.

**June 23, 25, 30**

**July 2, 7, 9, 14, 16, 21, 23, 27, 30**

Reminders:

If your physical has expired, you will need a new one before you can participate in any workouts or practices.

If you did not pass 5 out of 7 classes for the 2<sup>nd</sup> semester then you are ineligible to play football this fall.