

All freshmen boys interested in playing football next year:

Workouts will be held throughout the month of June from 8:00-10:00 am, and from 6:00-8:00 pm. Students may attend either workout session.

Equipment will be issued to all freshmen July 7<sup>th</sup> for camp beginning the following week.

Freshman camp will be held July 12<sup>th</sup> –July 16<sup>th</sup> from 6:00-8:00

Workouts will be held on those days in the morning

\*\*\*\*remember all freshmen have to have a physical before the beginning of school.\*\*\*\*

# June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1weights begin Conditioning begins 8-10 am &amp; 6-8 pm</i>	<i>2 wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>3 wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>4 off</i>	<i>5 off</i>
<i>6</i>	<i>7wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>8wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>9wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>10wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>11 off</i>	<i>12off</i>
<i>13</i>	<i>14wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>15wts &amp; condition- ing 8-10am &amp; 6-8pm</i>	<i>16wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>17wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>18 off</i>	<i>19 off</i>
<i>20</i>	<i>21wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>22wts &amp; condition- ing 8-10am &amp; 6-8pm</i>	<i>23wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>24wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>25 off</i>	<i>26 off</i>
<i>27</i>	<i>28wts &amp; conditioning 8-10am &amp; 6-8pm</i>	<i>29wts &amp; condition- ing 8-10am &amp; 6-8pm</i>	<i>30wts &amp; conditioning 8-10am &amp; 6-8pm</i>			

# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1 off</i>	<i>2 off</i>	<i>3 off</i>
<i>4off</i>	<i>5 varsity equipment</i>	<i>6 varsity equipment</i>	<i>7 freshman equipment</i>	<i>8 freshman equipment</i>	<i>9 late gear for all that have missed</i>	<i>10off</i>
<i>11off</i>	<i>12 Freshman camp 6-8:30 pm Full pads</i>	<i>12 13Freshman camp 6-8:30 pm Full pads</i>	<i>12 14Freshman camp 6-8:30 pm Full pads</i>	<i>12 15Freshman camp 6-8:30 pm Full pads</i>	<i>12 Freshman camp 6-8:30 pm Full pads</i>	<i>17off</i>
<i>18off</i>	<i><u>19 Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 20Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 21Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 22Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 23Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i>24off</i>
<i>25off</i>	<i><u>19 26Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 27Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 28Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 29Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i><u>19 30Varsity camp</u> <u>6-8:30 pm</u> <u>Full pads</u></i>	<i>31off</i>