

Summer Workout Schedule Middle School Football 2024

The middle school football team will be working out this summer from 6:30-8:30 Monday through Thursday. Athletes will need to bring shoes for the weight room and on the field work. We will meet in the weight room and then move outside. My expectation is that if you are in town and able to be there you show up. We will be installing a new offense and defense this summer, so we really need everyone to make as many summer workouts as possible. I understand that the summer is a time for family, vacations, camps, missions' trips, etc... but if you are here please make this a priority.

A 6:30 start time means just that. Please have your son here in time to start by 6:30. Likewise we will end practice at 8:30. You can plan on your athlete being to your car 5 to 10 minutes after that.

Week of June 3-6

Monday-Thursday 6:30-8:30 a.m.

Week of June 10-13

Monday-Thursday 6:30-8:30 a.m.

Week of June 17-21

Monday-Thursday 6:30-8:30 a.m.

June 24 – July 5 TSSAA DEAD PERIOD

Week of July 8-11

Monday-Thursday 6:30-8:30 a.m.
(Hand out helmets)

Week of July 15-18

Monday-Thursday 6:30-8:30 a.m.
(Hand out pads)

Thursday July 18 parents meeting 6:30 p.m. 7th grade den

Week of July 22-25

Monday-Friday Time TBD
(full pad practice)

Week of July 29-August 2

Monday-Friday. Time TBD

Week of August 5

Monday- Wednesday 2:15-4:00 p.m.
Thursday 1st game vs. CPA