

**8th Grade Spring Practice:**

6-7 PM- Every Monday and Wednesday from April 29th to May 15th

* Players will be led by our coaches and players in fundamental drills on the field (non contact drills), and shown the proper weightlifting techniques. Players will also get to get their locker and equipment for the fall at the end of spring practice.
* **Must turn in the permission form signed and completed in order to come out. Please turn in form to the coaching staff when practice starts.**
* Bring shoes and cleats

**Summer Football Workouts (For incoming 9th-12th graders):**

4-6 PM Every Monday, Wednesday, and Friday starting June 3rd

* There will be weight training, plyometrics, and conditioning, as well as football drills during this time period.

**Football Season Begins:**

* Practice begins Monday, July 29th
* Practice times: Mondays, and Thursdays 2:20-5:50 (this includes lifting weights and study hall). Tuesdays, Thursdays, and Fridays 2:20-4:50.