



**“WIN THE DAY!”**

## Summer Workouts, Times and Dates:

**High School (upcoming 9<sup>th</sup> – 12<sup>th</sup> Grades) 7:45-11:00 am** *(to properly warm up and stretch, all players should report on time!)*

- Tuesday 5/30
- Wednesday 5/31
- Thursday 6/1
- Monday 6/5
- Tuesday 6/6
- Thursday 6/8
- Monday 6/12
- Tuesday 6/13
- Wed/Thur. 6/14-15 **Contact Camp**
- Monday 6/19
- Tuesday 6/20
- Thursday 6/22
- Monday 7/10
- Tuesday 7/11
- Wednesday 7/12
- Thursday 7/13
- Monday 7/17
- Tues-Thurs 7/18-20 **FCA Football Camp** (10<sup>th</sup>-12<sup>th</sup> graders)

### **JR. RAIDERS (upcoming 6<sup>th</sup> – 8<sup>th</sup> graders)**

Times: 6:00 pm – 7 pm (Tuesday & Thursday's)

- Tuesday 5/30
- Thursday 6/1
- Tuesday 6/6
- Thursday 6/8
- Tuesday 6/13
- Thursday 6/15
- Tuesday 6/20
- Thursday 22
- Tuesday 7/11
- Thursday 7/13
- Tuesday 7/18 \*(TBD)
- Thursday 7/20 \*(TBD)
- Tuesday 7/25
- Thursday 7/27

PARENT MEETING – Monday 7/24 7:00 pm *(Auditorium)*

- Tuesday-Monday 7/25-31 Mandatory Acclimation Practices *(6:30 am – 8:15 am)*

Monday – PICTURE & MEDIA DAY – starting at 6 pm

Tuesday – 1<sup>st</sup> Day of School

There is no cost for Summer Training and Instructions (exceptions on Camps)

High School training will consist of four phases of Strength, speed, conditioning and football skills

Middle School training will focus mainly on strength training with an emphasis on lifting techniques, speed and agility training and a later shifting to football skills and fundamentals.

Contact Coach Shackelford if you have any questions: 678-777-8804

