**CROSS COUNTRY SUMMER SCHEDULE**

Monday – Friday starting June 14th @ 7:00 AM. We will meet at various parks and greenways trails around town. Locations will be sent out to the email list and twitter the week before. Email Coach Marshall: [pmarshall@wcpss.net](mailto:pmarshall@wcpss.net) to be added to the list / twitter: WFHSXC

**FOOTBALL SUMMER SCHEDULE**

June 13 – June 16 Summer Workouts

June 19 Summer Workouts

June 20 Summer Workouts / 7 on 7 (MC)

June 21 Summer Workouts

June 22 Summer Workouts / 7 on 7 (MC)

June 23 Summer Workouts

June 26 Summer Workouts

June 27 Summer Workouts / 7 on 7 (MC)

June 29 Summer Workout / 7 on 7 (Carolina Panthers)

June 30 Summer Workouts

July 9 – July 11 Team Camp Campbell University

July 13 – July 15 7 on 7 Powerade

July 24 – July 27 Mini Camp

July 28 Mini Camp / Cook Out

July 31 Mandatory Practice

Aug 1 – Aug 5 6:30 AM - Mandatory Practice (Helmet Only)

Aug 7 – Aug 8 6:30 AM – Mandatory Practice (Full Pads)

Aug 9 Scrimmage @ Holly Springs

Aug 10 6:30 AM - Mandatory Practice

Aug 11 5:00 PM – Pigskin (Trintini Stadium)

Aug 14 – Aug 15 6:30 AM – Mandatory Practice (Full Pads)

Aug 16 6:30 AM – Mandatory Practice

Aug 17 2:30 PM – Mandatory Practice

Aug 18 7:00 PM Millbrook

Aug 21 – Aug 24 2:30 - Mandatory Practice

Aug 25 Richmond County

Aug 28 – Aug 31 2:30 - Mandatory Practice

Sep 1 7:00 - Middle Creek

**JV / VARSITY MENS SOCCER SUMMER WORKOUTS**

**Interested in becoming part of the Men’s soccer program?**

Wake Forest HS will be holding summer workouts at Wake Forest Middle School (1800 S. Main Street, Wake Forest, NC)

We will begin June 14th, holding workouts on Tuesday’s, Wednesday’s and Thursday’s from

5 PM to 7 PM during the month of June.

After July 4 week, we will work out on Monday’s, Tuesday’s, Wednesday’s and Thursday’s from 5 PM to 7 PM

If you have any questions you can contact Coach Pittarelli at: [rpittarelli@gmail.com](mailto:rpittarelli@gmail.com)

**TRYOUTS WILL BE AUGUST 1 – AUGUST 3RD FROM 5 PM TO 7 PM**

**TENNIS (GIRLS) SUMMER WORKOUTS**

June 14 – June 16 7:00 – 9:00 AM

June 19 – June 23 7:00 – 9:00 AM

June 26 – June 30 7:00 – 9:00 AM

July 10 – July 14 7:00 – 9:00 AM

July 24 – July 28 7:00 – 9:00 AM

July 31 7:00 – 9:00 AM

**VOLLEYBALL SUMMER SCHEDULE**

June 12 – June 13 2:30 PM

June 14 – June 16 9:00 AM

June 19 – June 23 9:00 AM

June 26 – June 30 9:00 AM

July 10 – July 14 9:00 AM

July 24 – July 28 9:00 AM

July 31 9:00 AM

**WRESTLING SUMMER WORKOUTS**

Aux. Gym on Tuesday’s and Wednesday’s from 1 – 3 PM starting on June 15th through last week of July. There will be no workouts July 3 – July 7 and July 17 – July 21. Wrestlers go to individual camps. Parents can be referred to me through this email andyshrader@hotmail com if they need suggestions.