

SAGUARO FOOTBALL

2021 OFF-SEASON SCHEDULE

WINTER/SPRING:

Weight-Lifting: 1st Hour Football Class: ** will start at 7:15am on lifting days**

Note from Coach Mohns: It is my recommendation that all students sign-up for in-person class for the spring. If covid numbers are still bad, it will be easier to go from in-person back to EDL than the other way around.

Off-Season Skill Development: 2/23 – 4/22.

Tuesday & Thursday from 3:00 – 4:30pm. **Note:** if your player plays a spring sport, they are not required to attend.

No workouts during **Spring Break: 3/8 – 3/12**

Zero Dark Thursday: 3/18, 3/25, 4/1, 4/8, 4/15, 4/22 **Time:** 6:30am – 7:30am

Spring Ball (all levels): 4/26 - 5/13 **Days:** M-Th **Time:** 3:30 - 6:00pm

Spring Showcase: TBD

Future Champs Youth Camp (4th – 8th Grade): 4/26 – 5/12

Days: Monday & Wednesday **Time:** 6:00 – 7:30pm **Cost:** \$95

*** No workouts 5/23 – 5/30 ***

SUMMER:

Summer Strength & Conditioning: **Days:** M – Th **Time:** 7 – 10 AM (all grades)

- **Session I:** 5/31 – 6/24

- **Session II:** 7/5 – 7/15

*** No workouts 6/26 – 7/5 ***

7 ON 7 SCHEDULE: (TENTATIVE)

- **Varsity:** 5/22 Nike 7v7 @ 8am, Thursday 6/3 @ ASU 4pm, 6/12 @ NAU

- **JV & Frosh:** Every Monday in June 6pm @ Saguaro H.S.

TEAM CAMP in CALIFORNIA: (All 3 Levels): 7/15 – 7/19

*** No Practice 7/20 – 7/25 ***

FIRST OFFICIAL PRACTICE: Monday 7/26 (time tbd)

12-Time Arizona State Champions

1995, 2006, 2007, 2008, 2010, 2011, 2013, 2014, 2015, 2016, 2017, 2018

For more info visit www.SaguaroFootball.com