

IRON HORSE FOOTBALL

“CULTURE OF EARNING”

- **SUMMER TRAINING CYCLE**

- **28 TOTAL WORKOUTS JUNE 3RD TO JULY 25TH**

- **MUST MAKE 80% OR MORE (22 TOTAL) OF THOSE WORKOUTS TO BE ELIGIBLE FOR THE FOLLOWING:**
 - **TEAM T-SHIRT, SHORTS AND HOODIE**
 - **ABILITY TO CHOOSE/WEAR A SINGLE DIGIT NUMBER IN 2018 OR THE ABILITY TO CHANGE NUMBERS TO AN OPEN NUMBER IN 2019.**
 - **ABILITY TO BE CONSIDERED FOR TEAM CAPTAIN, LEADERSHIP COUNCIL, TOP LIFTER AWARDS AND OTHER PRE SEASON AWARDS.**
 - **EXEMPT FROM CONDITIONING TEST ON AUGUST 1ST**
 - **PLAYERS THAT MAKE 80% OR MORE ARE ELIGIBLE FOR APPAREL/TEAM INCENTIVES GIVEN TO THE FOLLOWING GROUPS:**
 - **100% GROUP- T SHIRT**
 - **ELITE 11- HOODIE**
 - **ACCOUNTABILITY TEAMS- JACKET**
 - **ENTRANCE TO SUMMER COOKOUT (SENIORS AND ACCOUNTABILITY TEAM WINNERS ONLY)**

#WinTheDay