



#YOUCONTROLYOU

Summer Schedule for June and July

Summer schedule will start Thursday June 6th

Boys Soccer- 6:45-7:45 M, T, TH, F

Football- 7:45-9:00 M, T, TH, F

Girls Soccer- 9:00-10:15 M, T, TH, F

Freshman Football- 10:15-11:30 M, T, TH, F

Volleyball- 11:30-12:45 M, T, TH, F

****Any other athletes who are not in a sport above can see me about a time and what group to go with. ****

As you can see times are tight together. I expect for your athletes to go through their warm-up and stretch routine on their own, so as soon as I am finished with the previous group the next group can start with me. Their dynamic stretch and hurdles should take about 15 minutes, so if they are scheduled to be here at 9:00, they would start with me around 9:15

If you have camp days or scrimmages in June and July and there are days you need off, we can work that out. Once August hits most of you will be in camp or two-a-days every day so we will adjust our schedule then.

Important dates-

- Start Date- First week of Summer Thursday June 6th (I have extended service days I have to work in guidance on Monday and Tuesday) (This could change if we get more snow days)
- Other important Dates- June 27th Everyone will work out together as 1 group for the 4th annual Summer Olympics. Then 28th Everyone will help with clean up from the Olympics and workout together.
- We will be off July 4th & 5th for family's that may take vacations around the 4th of July
- I will be gone on vacation either the 1st or 2nd week in August (Fishing trip depends on the weather)