

**2021 FIREBIRDS
SUMMER ATHLETICS**



Summer Workout Program
Summer Camp Information

REGISTRATION INFORMATION

2021 Firebirds Summer Workout Program

Who: 9th-12th Grades (Fall of 2021) Free State Student-Athletes

Dates: Monday thru Thursday Beginning June 01st - August 05th

Times: Sport-Specific (See Enclosed Information)

Where: Lawrence Free State High School

Cost: \$50 per Student-Athlete

Required Registration due May 26th: [Click Here to Register](#)

Questions: Contact Free State AD Dr. Faunce at Amanda.Faunce@usd497.org

BASEBALL



Summer Workouts

7-10:30am

Baseball Field, Weight Room

BOYS BASKETBALL

Summer Workouts

7:30-9:30am

Main Gym, Weight Room



Summer Camps

High School Team Camp

June 21 - June 24

7:45-10am

Youth Camp

June 21 - June 24

10am-12pm (Grades 2-5)

12:30-2:30pm (Grades 6-8)

Youth Camp

July 12 - July 15

11am-1pm (Grades 2-5)

1-3pm (Grades 6-8)

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GIRLS BASKETBALL

Summer Workouts

8:30-10:30am

Main Gym, Weight Room



Summer Camps

High School Team Camp

June 14 - June 17

10am-12pm

Youth Camp

June 14 - June 17

1-3pm

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FOOTBALL

Summer Workouts

7-10am

Football Field, Weight Room



Summer Camp

High School Team Camp

July 12 - July 15

6-8pm

Youth Camp

July 19 - July 22

6-8pm (Grades 2-8)

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BOYS & GIRLS SOCCER

Summer Workouts | Soccer Field

8-10am (Monday, Wednesday)

6:30-8:30pm (Tuesday, Thursday)

Summer Workout | Weight Room

6-7:30pm (Monday)



Summer Camp

High School Team Camp

July 12 - July 15

8-10am

Youth Camp

July 12 - July 15

10:15am-12:15pm (Grades 6-8)

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VOLLEYBALL

Summer Workouts

9:30am-12pm

Main Gym, Weight Room



Summer Camps

High School Team Camp

June 07 - June 11

9am-12pm

Youth Camp

June 07- June 10

1-3pm (Grades 06-08)

Youth Camp

June 07 - June 10

3-4pm (Grades 01-05)

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BOYS & GIRLS WRESTLING

Summer Workouts

3:30-4:30pm | 6-8pm

Weight Room | Wrestling Room

Summer Camp

Youth Camp

June 02 - June 04

9am-12pm

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LET'S GO STATE!

