



# WEST JORDAN HIGH SCHOOL FOOTBALL STRENGTH, SPEED AND AGILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY	3	4 4:30pm-6:30pm	5	6 4:30pm-6:30pm	7
	10	11 4:30pm-6:30pm	12	13 4:30pm-6:30pm	14
	17	18 4:30pm-6:30pm	19	20 4:30pm-6:30pm	21
	24	25 4:30pm-6:30pm	26	27 4:30pm-6:30pm	28
	21	22 4:30pm-6:30pm	23	24 4:30pm-6:30pm	25
FEBRUARY	1	2 4:30pm-6:30pm	3	4 4:30pm-6:30pm	5
	8	9 4:30pm-6:30pm	10	11 4:30pm-6:30pm	12
	15	16 4:30pm-6:30pm	17	18 4:30pm-6:30pm	19
	22	23 4:30pm-6:30pm	24	25 4:30pm-6:30pm	26
MARCH	1	2 4:30pm-6:30pm	3	4 4:30pm-6:30pm	5
	8	9 4:30pm-6:30pm	10	11 4:30pm-6:30pm	12
	15	16 4:30pm-6:30pm	17	18 4:30pm-6:30pm	19
	22	23 4:30pm-6:30pm	24	25 4:30pm-6:30pm	26
	29 SPRING BREAK	30 - SPRING BREAK	31 - SPRING BREAK	1 - SPRING BREAK	2
APRIL	5	6 4:30pm-6:30pm	7	8 4:30pm-6:30pm	9
	12	13 4:30pm-6:30pm	14	15 4:30pm-6:30pm	16
	19	20 4:30pm-6:30pm	21	22 4:30pm-6:30pm	23
	26	27 4:30pm-6:30pm	28	29 4:30pm-6:30pm	30
MAY	3	4 4:30pm-6:30pm	5	6 4:30pm-6:30pm	7
	10	11 4:30pm-6:30pm	12	13 4:30pm-6:30pm	14
	17	18 4:30pm-6:30pm	19	20 4:30pm-6:30pm	21
	24	25 4:30pm-6:30pm	26	27 4:30pm-6:30pm	28

GRADES: 6<sup>th</sup>-12<sup>th</sup>

COST: \$75.00

LOCATION: West Jordan High School Football Field

STAFF: WJHS Football Coach Carson Mund & Staff

For more information

Contact WJHS Football Coach Carson Mund

Phone: 801-256-5659

Email: [carson.mund@jordandistrict.org](mailto:carson.mund@jordandistrict.org)

Or Call Wendi Matavao 801-256-5614

**REGISTRATION FORM AND FEE MUST BE PAID BEFORE PARTICIPATION.**

**You can pay in the Main office from 7:00 am – 2:30 pm daily.**

**\*\* CASH or CARD only \*\***

**West Jordan High School no longer accepts checks**