



SCHS Summer 2020 Football

Workout Information

Summer Workout Information:

VARSDITY workouts Monday - Thursday

7:00 am - 10:00 am

FRESHMAN workouts Mon./Tues./Thurs.

10:30 am - 11:00 am

All participants will need to complete paperwork on Dragonflymax prior to the workout dates, including athletic physical.

Coach Ben Caudill
CaudillB@rcschools.net