

 **Attention All Incoming 9th Grade Football Players:**

 We are officially starting our summer football program Monday June 21st at 6:00 pm. As some of you may have heard from our parent meeting a few weeks ago, once your son/daughter is in the program they are all in. We are ONE PROGRAM that plays 3 games a week. We cannot wait to get started and look forward to meeting everyone.

 **Schedule** Monday – Thursday 8:00 am to 10:00 am **(for those upper classmen enrolled in the enrichment program)**
 Monday – Thursday 6:00 pm to 8:00 pm Arrive at 5:45 pm

If your athlete cannot make it to our lifting sessions during the morning, we will lift the last 45 minutes of our workouts Monday – Thursday. It is imperative that we introduce them to the weight room and proper form for long term success.

 **We will be completely off from July 4th – July 10th and outside of that the schedule will remain the same.**

 **What athletes need everyday**
 Water Bottle
 Cleats and Gym Shoes
 Towel

Thank you,
Alex Grignon
Head Football Coach
agrig25@gmail.com