

**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  
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