



## **Fruita Monument Football 2019 Dates**

**wearefruita.com**

**arbiterathlete.com**

### **Western Football Camp**

**June 6<sup>th</sup> – June 9<sup>th</sup>**

Workout, Equipment, and  
Practices for Camp

**May 28<sup>th</sup> 3:45 – 6:00** Workout, Conditioning, Equipment

**May 29<sup>th</sup> 3:45 – 6:00** Practice

**May 30<sup>th</sup> 3:45 – 6:00** Practice

**May 31<sup>st</sup> 1:00 – 3:15** Workout, Conditioning

**June 1<sup>st</sup> 8:00am – 9:30am Move weight room**

**June 3<sup>rd</sup> 7:15am – 9:30am** Workout, Conditioning

**June 4<sup>th</sup> 7:15am – 9:30am** Practice

**June 5<sup>th</sup> 7:15am – 9:30am** Practice

Cost of Camp

**\$240**

Camp Paperwork and Payment  
Due:

**May 31<sup>st</sup>**

Leave for Camp

**June 6<sup>th</sup> Load bus at 9:00am**

**June 9<sup>th</sup> Return from camp about 4:00pm**

### **Summer Lifting Schedule**

June 10<sup>th</sup> – July 11<sup>th</sup>

July 15<sup>th</sup> – July 25<sup>th</sup>

Monday – Thursday 7:30am – 9:00am @ 8-9

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FMHS Football Field

CMU 7 on 7  
Fall Practice

July 27<sup>th</sup>

August 12<sup>th</sup>

**Coach Ross 261-6596**

Head Football Coach

**Coach Felt 261-2249**

Head Freshman Coach