**Important Dates Summer ‘23 – Boys Athletics**

Weight Room Closed May 29-June 1

Strength and Conditioning Week 1 June 5-8

Strength and Conditioning Week 2 June 12-15

Strength and Conditioning Week 3 June 19-22

Strength and Conditioning Week 4 June 26-29

Weight Room Closed July 3 - 6

Strength and Conditioning Week 5 July 10-14

Strength and Conditioning Week 6 July 19-20

Strength and Conditioning Week 7 July 24-27

Open Weight Room July 31 – August 3

MS & Freshmen Football Camp July 31 – August 2

1st Day of 2-A-Days August 7th \*\*\*\*\*Must Have Physical

Inner squad Scrimmage / Picture Day Saturday August 12th 10 am

1st Scrimmage August 18th

2nd Scrimmage August 24th

We have 26 total structured Strength and Conditioning Workouts – Athletes must attend 18 workouts to be exempt from conditioning test. Seniors must attend 18 workouts to be eligible to be a football captain.

Strength and Conditioning = organized lifting and running workout along with sport specific skills

Open Weight Room = Coaches will be present but athletes lift on their own

All Times of workouts, practices and scrimmages TBD