

Dear Football Parents,

We hope you're all doing well! As we move into the offseason, we want to provide some important updates regarding the offseason schedule and opportunities for our players to get better before the season starts.

Currently we have two options for workouts if your student-athlete is not already enrolled in the Weights class.

**A Period Lifting Opportunity:** A Period is open for anyone playing football next year. This is a great opportunity for those who want to get in shape and continue building strength for the upcoming season that currently do not have an A period Class. We work out starting at 7:30 Monday through Friday with one day for conditioning and skills. This is open to all players for next season.

**5 AM Session:** For players who already have an A Period scheduled, we are offering a 5 AM lifting session. This early session will give those with a packed schedule an extra chance to focus on strength and conditioning and not fall behind others before we get to the summer. Session starts at 5 am and is usually completed by 6:10

#### **Summer Football Dates:**

Start on June 10th for JV and Varsity

During the month of June we have two slots available for players to make workouts. There will be a 5 am time or a 5 pm time that players will be required to attend to prepare for the upcoming season. During the month of June we will have a few 7 on 7 and lineman challenges that are TBA currently.

June 30- July 4th is our vacation week. Weight room will be open only at select times for those still in town.

July 7th - July 25th 2nd Summer Session

Varsity and Jv will continue the strength and condition and start adding practices everyday. Varsity JV will lift 5:30 am and follow it up with practice till about 9am.

Our last vacation week will be July 28th to Aug 1st.

Bootcamp for all levels will start on Aug 4th.

Freshman Football -

Starts on June 10th with our Technique summer camp (more information to follow about summer practice times as we get closer to summer. Vacation days for freshmen will mirror the Varsity and JV .

School starts Aug 6th.

Senior BBQ will be Aug 9th (more information to follow)

Please encourage your athletes to take advantage of these opportunities, as they are crucial for their growth and success for the season. If you have any questions or need further information, feel free to reach out.



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