

SUMMER WORKOUTS

I SUMMER WEIGHTS AND AGILITY

A. DATES: MONDAY, JUNE 18-WEDNESDAY , JULY 25

B. TIME: 3:30-5:30 PM

C. DAYS DAILY, MONDAY THROUGH THURSDAY

(Exception: There will be no workout on Wednesday, July 4)

II SUMMER PASSING LEAGUE--QB, DB, RB, R, LB

A. DATES: TBA

B. TIME: 6:30 PM

IT'S NOT MANDATORY, IT'S NECESSARY TO WORK OUT AS MUCH AS POSSIBLE TO GET BIGGER, FASTER AND STRONGER:

- TO PREVENT INJURY

- TO COMPETE IN THE DRL, THE TOUGHEST D-I LEAGUE IN THE AREA

- TO WIN PLAYOFF GAMES

******FOOTBALL PRACTICE BEGINS: MONDAY, AUGUST 6 TIME: 9 AM******