

Important dates for students participating in Football for 2019 season

Mon., Tues., Thurs (start date TBD) 7:00 and 8:00 sessions	Speed training
Mon.-Thurs. 8-10 AM	Weight room Open
Tues. 11:30 (time to be confirmed)	7 on 7 in NFDL
July 22-26 8:30-11:30	Fundamental Camps for those entering grades 5-9
Aug 5 4:00	Equipment Handout
Aug 6 3:30-7:00PM	First day of Practice

Contact days for those entering grades 10-12 (9th graders should attend Fundamentals Camp in place of Contact Days) will be determined at a later date.