


WEIGHT ROOM TIME ASSIGNMENTS:

- 7:00 a.m. Open for all players who can't Attend regular session
- 8:00 a.m. 9th Grade Players
- 9:15 a.m. Skill Players
- 10:15 am. Linemen & Big Skill Players

Parents NOTICE!!
Get Involved and
Have a Great Day of
Golf & Fun! PLAY!

There are 22 summer workout days.
 (Weight Workouts & Agilities)
You must attend 18 to exempt the
Conditioning Test on July 21st!
Passing league and Lineman school are required activities!
 Some days missed for camps etc. can count toward workout total.
EXCUSED WORKOUTS MUST BE PREAPPROVED IN ORDER TO
COUNT TOWARD EXEMPTION.
Being late to workouts can count as an absence!
JV and 9th Graders are NOT required to do conditioning test. Or Agility
workouts

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(Wk out 1) 1	2	(Wk out 2) 3	(Wk out 3) 4	5	6
 Remember! Golf on Monday!	TD CLUB GOLF TOURNAMENT @ Summit Chase Weight room open morning only	PASSING LEAGUE 6:00pm Lineman Tech School	Weight Training 9th 8:00 am JV / Varsity 9:15 Backs/Recv's 10:15 Linemen Big Skill 5:30 Make up	Weight Training 9th 8:00 am JV / Varsity 9:15 Backs/Recv's 10:15 Linemen Big Skill 5:30 Make up		
	7 (Wk out 4)	8	9 (Wk out 5)	10 (Wk out 6)	11	12
		Weight Training	PASSING LEAGUE 6:00pm Lineman Tech School	Weight Training	Weight Training	All Passing League Players
	14 (Wk out 7)	15	16 (Wk out 8)	17 (Wk out 9)	18 (Wk out 10)	19
		Weight Training	PASSING LEAGUE 6:00pm Lineman Tech School	Weight Training	Weight Training	NIKE PASSING CAMP!! (10) Two Day: All Passing league Players!
	21 (Wk out 11)	22	23 (Wk out 12)	24 (Wk out 13)	25	26
		Weight Training	PASSING LEAGUE 6:00pm Lineman Tech School	Weight Training	Weight Training am AGILITIES (14) All Varsity Players @ 5:00 p.m Wrestling Room	27
	28	29	30	July 1	July 2	July 3
						July 4
	GHSA Mandated Off week: No practice / workouts					INDEPENDENCE DAY HOLIDAY!

In the Fall, You won't have to tell anyone
How Hard You Worked in the Summer!
IT WILL BE OBVIOUS!