Football Schedule for 2023

June

We will open the Gym for Workouts for the month of June starting at 10am and ending at 12 noon.

The dates for this will be: ***6/6, 6/8, 6/13, 6/15, 6/20, 6/27 and 6/29.***

There will be a routine for every athlete to follow!!

July

We will Start Football practice on ***July 10th***. It is Mon-Friday of every week starting at 10am and going to 12noon. (We do not practice on Wednesdays)…

Once School starts, practice will be afterschool Mon-Friday from ***3pm to 5:30pm***. (We do not practice on Wednesdays)

Players who do not show up for June workouts and July practices should not expect to be playing until at least the 3rd game of the season.

Make sure that you have cleats and sneakers for each practice…

We must be on the Football Field warming up at 3pm…

Make sure you eat a good lunch and drink fluids all day as you will need it…

Stay away from sugars, as they will only make you sluggish at practice…

All ankles and wrists should be taped before you hit the field so come a little early to make sure this takes place…

When your practice uniforms are given out, they are expected to be worn every Tuesday and Thursday with no exceptions…

Jersey to be worn every Friday for scrimmage games, no exceptions…