



## **Summer Weights Starts Tuesday, May 28th!**

Forms and money (**\$50**) can be turned in by your student on May 28th or to Coach Wright before.

### **Times (Monday through Thursday):**

All HS Men                      7:00 am – 8:30 am\*

All HS Women                9:00 am - 10:30 am

All MS Boys and Girls    7:00 am - 8:15 am\* (at the Middle School – 6<sup>th</sup> Grade is also welcome)

\*Both 7am groups will begin at the stadium. In the event of bad weather, they will report to their respective (HS/MS) Weight Rooms

\*The 9am group will begin in the HS Aux Gym

**Football specific activities will be held before Weights at the stadium for high schoolers and after Weights for middle schoolers:**

HS Football                    6:00 - 7:00 am

6<sup>th</sup>/MS Football            8:15 - 9:00 am

\*\*All Football players should bring a pair of cleats and tennis shoes with them each day.