

MIDDLE SCHOOL FOOTBALL

HIGHLAND HORNETS 2011

STARTING DATE:
MONDAY, AUGUST 8th, 2011
9AM-12PM

Attire: Football Cleats and Shorts – also please bring
water

Meet at Fieldhouse for equipment
(practices will be each day in August at same times—
detailed schedule to be distributed at first practice)

Coaches:

Mr. Steve Cika 330-225-7308

Mr. Tim Snook

Mr. Charles Franchetti

Mr. Don Filips

*REMINDER – YOUTH FOOTBALL CAMP is JULY 18 – JULY 21
@ Highland Practice Field. Brochure on-line if you want to take
advantage of the opportunity!

**SUMMER LIFTING & CONDITIONING SCHEDULE
MIDDLE SCHOOL & HIGH SCHOOL FOOTBALL PLAYERS**

*Meet at Fieldhouse

<u>DAY</u>	<u>DATE</u>	<u>TIMES</u>
MONDAY	June 13	8 – 9:30 AM
TUESDAY	June 14	8 – 9:30 AM
THURSDAY	June 16	8 – 9:30 AM
MONDAY	June 20	8 – 9:30 AM
TUESDAY	June 21	8 – 9:30 AM
THURSDAY	June 23	8 – 9:30 AM
MONDAY	June 27	8 – 9:30 AM
TUESDAY	June 28	8 – 9:30 AM
THURSDAY	June 30	8 – 9:30 AM
MONDAY	July 11	8 – 9:30 AM
TUESDAY	July 12	8 – 9:30 AM
THURSDAY	July 14	8 – 9:30 AM
MONDAY	July 18	5 – 6:30 PM
TUESDAY	July 19	5 – 6:30 PM
THURSDAY	July 21	5 – 6:30 PM

**ATTENDANCE WILL BE TAKEN AND KEPT!!!*

*Conditioning will be football specific.

*There are no workouts the week of July 4th because Varsity/JV will be at Mount Union Team Camp.

*Monday, August 1st - double sessions begin at 8 AM!!!!!!!

*Attire is shorts and helmets for the first day of double sessions. Please be responsible in completing physicals and pay to participate forms, as we do not want any interruptions to our practices and preparation.