

**HORNET FOOTBALL  
SUMMER LIFTING & CONDITIONING SCHEDULE**

\*Meet in Weight Room at Highland High School

<u>DAY</u>	<u>DATE</u>	<u>Middle School/Frosh Time</u>	<u>JV/Vars Time</u>
MONDAY	June 15	9 – 10 AM	5 – 6:30 PM
TUESDAY	June 16	9 – 10 AM	5 – 6:30 PM
THURSDAY	June 18	9 – 10 AM	5 – 6:30 PM
MONDAY	June 22	9 – 10 AM	5 – 6:30 PM
TUESDAY	June 23	9 – 10 AM	5 – 6:30 PM
THURSDAY	June 25	9 – 10 AM	5 – 6:30 PM
MONDAY	June 29	9 – 10 AM	5 – 6:30 PM
TUESDAY	June 30	9 – 10 AM	5 – 6:30 PM
THURSDAY	July 2	9 – 10 AM	5 – 6:30 PM
MONDAY	July 13	9 – 10 AM	5 – 6:30 PM
TUESDAY	July 14	9 – 10 AM	5 – 6:30 PM
THURSDAY	July 16	9 – 10 AM	5 – 6:30 PM
MONDAY	July 20	No AM due to Youth Camp	5 – 6:30 PM
TUESDAY	July 21	No AM due to Youth Camp	5 – 6:30 PM
THURSDAY	July 23	No AM due to Youth Camp	5 – 6:30 PM
MONDAY	July 27	9 – 10 AM	5 – 6:30 PM
TUESDAY	July 28	9 – 10 AM	5 – 6:30 PM

- **Middle School Practice starts August 10<sup>th</sup> from 9am – noon. (shorts, T-shirts and cleats)**
- **Equipment will distributed on the 1<sup>st</sup> day of practice.**
- **Head Coach Steve Cika (330) 225-7308.**
- **Youth Football Camp July 20<sup>th</sup> thru 23<sup>rd</sup> 9am to noon @ Highland Stadium**