

# WARRIOR FOOTBALL SUMMER SCHEDULE

**ALL PLAYERS MUST HAVE A NEW 2022-2023 PHYSICAL THAT IS DATED AFTER APRIL 1st, 2022. It will also need to be uploaded to PLANT HS. PLANET HS INFORMATION TO FOLLOW.**

**Weights and Conditioning over the summer will be as follows, Monday through Thursday. We will have 2 sessions that our student athletes can attend.**

- **The 1st session will be from 8am to 11am. Breakfast and Lunch are provided for this session. We encourage all of our student athletes to please attend this session.**
- **For those student athletes that cannot attend the morning session we will have an evening session from 6pm to 8pm, a snack will be provided at this session. Thursday weights begin at 5pm.**
- **Team Practice Monday 9:15 to 10:45**
- **Team Practice Thursday 6:15-7:45**
  
- **MUST MAKE 85% (23 TOTAL) OF THOSE WORKOUTS TO BE ELIGIBLE FOR THE FOLLOWING ABILITY TO CHOOSE/WEAR NUMBERS 1-19 IN 2022 OR ABILITY TO CHANGE NUMBERS TO AN OPEN NUMBER IN 2022**
- **MUST MAKE 80% (20 TOTAL) OF THOSE WORKOUTS TO BE ELIGIBLE FOR THE FOLLOWING CONSIDERATION TO BE A TEAM CAPTAIN AND LEADERSHIP COUNCIL**
- **#CTC T-SHIRT**

