

C-Team (Middle School) & JV

Summer 2021 Football Plan



June 22 through July 2

- ALL RISING 9th graders weight room workouts and Aux field workouts 830 - 1030 am daily Monday through Thursdays
- ALL RISING 7th and 8th graders weight room workouts and Aux field workouts 9:30 to 11 am daily Monday through Thursdays
- Both rising 7th and rising 8th can attend all 4 days

July 5 through July 9 OFF

July 12 through July 23

- ALL RISING 9th graders weight room workouts and Aux field workouts 830 - 1030 am daily Monday through Thursdays
- ALL RISING 7th and 8th graders weight room workouts and Aux field workouts 9:30 to 11 am daily Monday through Thursdays
- Both rising 7th and rising 8th can attend all 4 days

July 12 through July 15

- Warriorfootball camp at Wando High School (recommended for rising 7th graders and younger)
- We will still have normal workouts Monday through Thursday as well for anyone not attending camp

July 26 through July 29 Off

July 30th 1st day for JV and Varsity

August 2nd 1st day of Football Practice for C-Team

- ***Any rising 7th or 8th grader contact Coach Shiver with any questions = kevin_shiver@charleston.k12.sc.us***
- ***Any rising 9th grader contact Coach Rocco with any questions = rocco_adrian@charleston.k12.sc.us***