

**FHS SUMMER WEIGHTS, WORKOUTS & FOOTBALL CAMP SCHEDULE 2021**

<b>May</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
		6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts	6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts	6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts		
<b>30</b>	<b>31</b>	<b>**HSB = High School Boys**</b> <b>**HSG = High School Girls**</b> <b>**MS = Middle School**</b>				

<b>June</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts	6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts	6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
		6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts	6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts	6am - HSB Weights  7am - HSG & MS Weights  8am - Football Workouts		

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<b>June Continued</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
		6am - HSB Weights 7am - HSG & MS Weights No Football Workouts	6am - HSB Weights 7am - HSG & MS Weights No Football Workouts	6am - HSB Weights 7am - HSG & MS Weights No Football Workouts		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
		6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts	6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts	6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
		6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts	6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts			

**FHS SUMMER WEIGHTS, WORKOUTS & FOOTBALL CAMP SCHEDULE 2021**

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts	2	3
4	5	6 6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts	7 6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts	8 6am - HSB Weights 7am - HSG & MS Weights 8am - Football Workouts	9	10
11	12	13 6am - HSB Weights 7am - HSG & MS Weights Football Camp Week	14 6am - HSB Weights 7am - HSG & MS Weights Football Camp Week	15 6am - HSB Weights 7am - HSG & MS Weights Football Camp Week	16	17

More information regarding football camp will be distributed this summer. Camp will be a 4 Night, 3 Day lock in. It will be full pads and full contact. We will have 3-a-Day practices July 13th-15th and a Football Camp Family BBQ on the evening of the 15th. All parents / guardians and siblings are invited to the BBQ. I will be asking for parents to assist with daily meals throughout camp week. Mrs. Girty has offered to help organize meals also.