

# Garfield Heights Middle School Football

## Summer Morning Workouts

Days	Workout	Time
Monday-Wednesday-Friday	Lifting	7:30 AM – 9:00 AM
Tuesday-Thursday	Running	7:30 AM – 9:00 AM

**Purpose:** We will be conducting summer team workouts in order to physically prepare for the season as well as build team unity over the summer.

**Expectations:** Players will be expected to come focused on getting stronger and faster, and becoming a better teammate.

We will start promptly at 7:30. Monday-Wednesday-Friday will be in the weightroom that is connected to the gym in the Middle School. Use the back door on the North end of the gym. Tuesday and Thursday will be on the football field behind the Middle School. Bring tennis shoes on Monday-Wednesday-Friday and cleats on Tuesday-Thursday. We will have morning workouts 5 weeks during the summer prior to the start of the season

Here is a *tentative* schedule, which could be subject to change:

June 8-12 Monday-Friday

June 22-26 Monday- Friday

June 29- July 2 Monday-Thursday

July 20-24 Monday-Friday

July 27-31 Monday-Friday

Note that as of now there will be **no workouts the weeks of June 15-19, July 6-10, and July 13-17.**

**Attendance:** Workouts cannot be mandatory, but you are strongly recommended to commit to attending as many as possible. The more effort you give in the summer months, the more enjoyable your experience in the fall will be. Great players prepare themselves for the season. Great teams have everyone on board preparing for the season together. Encourage your teammates to be here.