

LA FOOTBALL

SUMMER WORKOUTS 2017

May 22-June 2 (off)

June 6-8 T/TH 5:30/W 4:30

June 13-15 T/TH 5:30/W 4:30

June 20-22 T/TH 5:30/W 4:30

June 27-29 T/TH 5:30/W 4:30

July 3-7 off dead period

July 10-14 M/T/TH/F 5:30/W (off)

July 17-21 M/T/TH/F 5:30/W (off)

July 24-Aug 3 7:30 start of fall practice (no misses)

Aug 4-1st Scrimmage

Aug 11-Varsity Jam

Aug 18-beat Potts Camp

****Must make 16 of 20 workouts**

****25/110's for an unexcused miss-1/110 for every min late**

MUST CONTACT A COACH IF YOU'RE GOING TO MISS