

Summer Football Schedule on campus @ MSJ

June - Beginning 6/7

-Strength, weight and Conditioning Workouts: Monday-Friday, 8:00-10:00am

-7 on 7 Sessions: Mondays and Thursdays, 10:30-11:15am

-Linemen Skill Sessions: Tuesdays and Fridays, 10:30-11:15am

(All Defense on June 14-June 18, 10:30-11:15am)

July

-Strength, weight and Conditioning Workouts: Monday-Friday, 8:00-10:00am

-Mini Camp Practices: Mondays and Wednesdays, beginning July 5, 6:00-8:00pm

-7 on 7 Sessions: Thursdays, 10:30-11:15am

-Linemen Skill Sessions: Tuesdays, 10:30-11:15am

August

-Strength, Weight and Conditioning Workouts: Monday-Friday, 8:00-10:00am, through August 6

-Varsity and Junior Varsity Equipment Issue: Monday August 9 at

9:00am seniors,

9:30am juniors,

10:00am sophomores

- Varsity and Junior Varsity Try-outs:

Tuesday August 10: 8:00 am – 12:00 and 2:00 pm – 4:30 pm

-Freshmen Camp (try-outs): August 16