Saint Marys Middle School Football

Summer Practice: Weight Training and Conditioning

GHSA DEAD WEEKS- May 25 – May 30 and June 29th– July 5. We are OFF both of those weeks.

Over the summer we will practice Tuesdays and Thursdays from 8:30-11:30am. We will begin on June 9th. We will lift and have a short practice. You **must** have shoes, shorts, and cleats for outside work.

June Dates:

Week 1: Tues 9, Thurs 11

Week 2: Tues 16, Thurs 18

Week 3: Tues 23, Thurs 25

July Dates:

Week 4: Tues 7, Thurs 9

Week 5: Tues 14, Thurs 16

Week 6: Tues 21, Wed 22, Thurs 23

Week 7: Tues 28, Wed 29, Thurs 30

Breakfast and lunch will be provided. Players must arrive early to eat breakfast and lunch will be given after practice is over.

Please be sure you have a ride at 11:30am on Tuesdays and Thursdays. Activity buses will also be available to take students home after practice.

It is crucial for players to stay in shape and practice over the summer. However, we understand vacations and other obligations happen over the summer. Please try your best to be at practice on Tuesdays and Thursdays. **If you are going to miss a practice, please communicate with a coach before the missed practice.

Please download and check the SportsYou app frequently for all team info and updates.

Sports You team code: BFYL35EP

Coach Tucker Jenkins email: tljenkins@camden.k12.ga.us