

Future Hawks
Football Parent Meeting

SPORTSYOU
FRESHMEN
FOOTBALL

ZC6X-96ZN



Summer Dates

June 3-27

- **MONDAY-THURSDAY (\$40)**
- *8:45-11:00 AM*
- 16 days of workouts
- **23 days off!!!!**
- Football Camp
 - Monday, Tuesday, & Wednesday
 - June 24, 25, & 26th
 - 7:00-8:30 pm
 - \$50.00

July 8-31

- **July 8-11**
- Same as June
- “Flight School”
 - **July 15-19**
 - Freshmen (Thursday-Friday)
 - 7:45-12:00 pm
 - Character, weights, condition, football.
- *July 22-31 Monday-Thursday open weight room 9-11:00 am.*

Why is summer so important?

Summer days on

- Coach driven workouts
 - 25
- June = 16
- July = 9
- *Voluntary workouts separate championship teams from the pack.*
- *Develop sense of TEAM*

Summer days off

- Last day of school May 23-June 2
 - 22 days off until July
- July days off
 - 15 days off until August

August 5, 2024

- First official day of practice
 - Must have your physical and rankone completed, no exceptions.
 - We are not in school yet.
 - Practices will be held from 6:30 am to 9:30 am.
 - Breakfast and lunch are NOT served these days (until school begins).
- Our success rate depends on OUR commitment
 - Coaches have a plan.
 - Players and parents need to buy in.
 - We need everyone in our community pulling in the same direction.

Hawk Rules

- 1. Do what you say you're gonna do.**
- 2. When you say you're gonna do it.**
- 3. How it's supposed to be done.**

What is RISE?

1. Be **RELENTLESS**.
2. Have **INTEGRITY**
3. Develop **STRENGTH**
4. Display **EXCELLENCE**

Apply these principles to every aspect of life.