



2017 Summer Football Conditioning Schedule

****Open to all students entering 9-12th grade at Erie High School or NWPA Collegiate Academy**

Summer Workout Dates (5pm to 6pm- conditioning) (6pm-8pm- practice)

June- 19, 21, 22

26, 28, 29

July- 10, 12, 13

17, 19, 20, 24

****The Weight Room will be open at 3:45 pm on Mondays, Wednesdays and Thursdays before 6 pm practice.**

Heat Acclimation Period (Times TBA)

August- 7, 8, 9, 10, 11

Camp (Times TBA)

August- 14, 15, 16, 17, 18, 19 (scrimmage on 8/19), 21, 22, 23, 24

First regular season game is August 25

HEAT ACCLIMATION AND CAMP ARE MANDATORY.