



## **Football Summer Conditioning 2018**

### **Summer Workout Dates (6 pm - 8 pm):**

June – 13, 14, 18, 20, 21, 25, 27, 28

July – 9, 11, 12, 16, 18, 19, 23, 25, 26

### **Heat Acclimation Periods:**

August – 6, 7, 8, 9, 10

### **Camp:**

August 13, 14, 15, 16, 17, 20, 21, 22, 23, 24

**Saturday, Aug. 18: Scrimmage vs. Oil City at Vets Stadium**

**Week 1: Game on August 25 vs. McKeesport at Woodland Hills HS**

**\*Heat Acclimation and Camp times to be announced.**

***\*Please note that Heat Acclimation and Camp are both mandatory.***

\*7 on 7s and Camps are not reflected in above dates.

\*The Weight Room will be available throughout the summer. Times are to be announced.