



## **Football Summer Conditioning – Updated August 2019**

### **Heat Acclimatization (all dates and times are at Erie High School)**

Wed. Aug. 7 – 9 a.m. to 2 p.m.

Thurs. Aug. 8 – 9 a.m. to noon

Fri. Aug. 9 – 9 a.m. to 2 p.m.

### **Camp: Monday, Aug. 12 through Friday, Aug. 16**

Mon. Aug. 12 – 9 a.m. - noon, Lunch, then 2<sup>nd</sup> session 2 - 4 p.m.

Tues. Aug. 13 – 9 a.m. - noon, lunch, then 2<sup>nd</sup> session 2 - 4 p.m.

Wed. Aug. 14 – 9 a.m. – noon, lunch, then 2<sup>nd</sup> session 2 – 4 p.m.

Thurs. Aug. 15 – 9 a.m. to 11:30 a.m., lunch, then 2<sup>nd</sup> session 1 – 2 p.m.

Fri. Aug. 16 – Walk through from 2 – 4 p.m. with a team dinner immediately following.

Sat. Aug 17 – Scrimmage at Oil City at 11 a.m.

**\*Please note that due to the construction at Erie Veterans Memorial Stadium, all football conditioning will take place at Erie High School/Biletnikoff Field.**