FAITH ACADEMY RAMS
FOOTBALL SUMMER WORKOUT SCHEDULE 2010

**All Varsity players must attend at least 20 workouts during the summer. Attendance will be monitored by the coaches.

Spring Training: May 10th - 21st from 3:45 - 5:30 pm

Times: **June:** Monday, Tuesday, and Thursday
9:00 – 10:30 am (weights)
10:30 am – 12:00 noon (practice and conditioning)

July: Monday, Tuesday, and Thursday
9:00 -10:30 am (weights)
10:30 am – 12:00 noon (practice and conditioning)
Wednesday
9:00am - 12:00 noon (practice and conditioning)

Open dates: (Weight Room)

June: (Mon., Tues. & Thur.)
7, 8, 10, 14, 15, 17, 21, 22, 24, 28, 29

July: (Mon., Tues., Wed. & Thur.)
1, 6, 7, 8, 12, 13, 14, 15, 19, 20, 21, 22, 26, 27, 28, 29
Closed Monday July 5th

JULY 29th MANDATORY parent meeting at 6:30 p.m. in the cafeteria grades 7-12
details about grades 3-6 parent mtg will be announced at orientation

Work Day August 14th 8am – 12 noon

First Game August 27th @ Home - West Harrison Mississippi

Varsity & JV Pictures: Thursday, August 5th at 4:00 pm, Senior parent pictures at 5:00 pm.
Pee Wee & Middle School Pictures: Thursday, August 19th at 4:00 pm

Physicals –Thursday July 8th @ 4:30pm- $15 each- All players must have an updated physical on file to attend the first day of practice.

First Week of Practice

Monday	Aug. 2nd	7:00 -9:00 am & 5:00 - 7:00 pm
Tuesday	Aug. 3rd	7:00 - 9:00 am & 5:00 - 7:00 pm
Wednesday	Aug. 4th	3:00 - 5:30 pm
Thursday	Aug. 5th	4:00 pm(Pictures) & 5:00 - 7:00 pm(Practice)
Friday	Aug. 6th	4:00 - 7:00 pm