Football 2023
Information

Practice Date:
We will begin conditioning practice on Monday, **July 31** at 4:00 p.m. (You must be enrolled in school and have turned in a physical and medical release form, they can be found on the school web site.)
Friday, **August 4** at 4 p.m. will be a pad practice day. Practice times will be Mon. to Fri. 4-8:30 p.m.; the first Saturday **August 5** will be a 6:00 a.m. practice. (Full Pads, full contact day)

Mini- Camp:
 We will hold a mini- camp from **July 24th to 27th** all players **strongly encouraged** to attend. The camp is open to all players in grades 6 to 12. Start time is 4:00 and will end at 7 p.m., cost will be $55 and each camper will receive a Tee shirt.   We will have former State Championship players and current college players working with the campers on those days.

Equipment Handout: Social distancing practices in effect
We will handout equipment on Sunday **July 30th**, starting at 11:00 a.m. in the gym. You should turn in Physicals and Med. Release forms at that time. Practice Packs information is on our school web site under the Football heading with a link to the Johnson and Lamb web site. The travel shirt, game shirt and white pants are mandatory. If you do not have a girdle (with pads in them) already you may want to purchase one on the site as well. The site will open on **May 26 and close on June 12** so order your packs by then.

Weight Room:
Weight room will be open every day from 5-7. (July 4th week closed)
We will have 7 on 7 on Tuesdays and Thursdays from 6:00 till 7:30 all must attend if you plan on playing on the varsity team. The JV players are also welcome to attend.
The weight room will be open all summer!!! You should make every attempt to be in there!! (This does not include 6th and 7th grade, weigh room is optional.)
You need to be wearing your football cleats (**white/red**) now!!! This will break them in so you will not get blisters.
Hard work is our only option! "Tradition is in our blood, let's be State Champions." –Coach Chapman