

Off Season Schedule:

Starting in January 1-2 days a week after or before school lifting / speed / agility training.

There will be a registration on CUSD camps and clinics

After school on odd block days Monday's, Tuesday's, Wednesday's

Never on Thursday's or Friday's

Middle of February track begins and this becomes their speed training.

After Spring Break **Varsity** will lift a couple days a week before school.

Spring Football will begin late April or early May. Should last 2-3 weeks.

Summer Football will consist of 4 weeks of summer workouts. Mon-Thursdays in the AM

IMPORTANT DATES FLYER WILL BE OUT HOPEFULLY BY THE MIDDLE TO END OF JANUARY

These should have exact dates by then.

Spring parent meeting will be at the end of April. Dates will be on the IMPORTANT DATES FLYER

Off Season Personal Trainers: Please be careful. Over training = injuries.

Supplements: Be Careful!!! Do not recommend or suggest. Protein is usually fine. Bring in labels.

Off Season 7 on 7's

RECRUITING:

Recruiting services: I do not recommend unless it is free

Varsity film / highlights

College coaches school visits

Combines and Showcases: Big differences. Please ask if you aren't sure what it is.

Multi-sport Athletes: Highly encourage! Lifting is still necessary!

Freshman and JV different than Varsity. **Varsity athletes will get a custom schedule.**

QUESTIONS???

Merry Christmas and have a great Holiday Season. Be safe!