



## SUMMER WORKOUTS 2018

SUMMER WORKOUTS BEGIN ON JUNE 13th

All summer workouts will be from 8-11am

Players must have a current physical and be eligible to participate.

Be on time! Come with a great ATTITUDE and prepared to WORK HARD!

Wear proper workout attire. Bring cleats and athletic shoes.

Workouts will consist of abilities weight lifting and skill development

Important Dates:



Stu:

Sund:

\*You MUST be  
current phys  
participate in  
practice/wo

6

13

20

27