



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

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