



2026 Football Summer Workouts



Mondays-

6:00-7:30am	9-12 grades	Lift	McComas/Pipes
7:30-8:00am	7-12 grades	Offense	
8:00-9:00am	7-8 grades	Lift	

Tuesdays:

6:00-7:30am	9-12 grades	Lift	Wise/McComas/Fenske
7:30-8:00am	7-12 grades	Offense/Defense	
8:00-9:00am	7-8 grades	Lift	

**will alternate weeks for offense and defense

Wednesdays:

8:00-2:00pm	Players Off		Coach Wise in Office
-------------	-------------	--	----------------------

Thursdays:

6:00-7:30am	9-12 grades	Lift	Fenske/Pipes
7:30-8:00am	7-12 grades	Defense	
8:00-9:00am	7-8 grades	Lift	

Fridays:

OFF			
-----	--	--	--

June Dates: 1, 2, 4, 8, 9, 11, 15, 16, 18, 22, 23, 25

June 29th - July 6th: Recovery (no Workouts)

July Dates: 7, 9, 13, 14, 16, 20, 21, 23, 27, 28

August 3rd - First Practice - time TBD

****Varsity will have 7 on 7 games - TBD**



2026 Football Summer Workouts

