

**Parents, be sure that your athlete has an up to date physical prior to the first day of summer participation! Any physicals that have reached one year since completion shall be considered expired! New physicals can be handed to your coach or emailed to me directly.**

### **Summer Schedule**

May 31-June 3 First week of summer workouts/practices

July 4-8 Dead Weeks (No practices)

July 25-27 Closed Dates no practices are allowed

### **Speed/Strength & Conditioning (Rising 8th-12th graders) Starts Wednesday June 1st**

Monday/Wednesday/Thursdays

Boys 8:00-9:15 am

Girls 9:15-10:30 am

### **Football practice (Starts Wednesday June 1st)**

Wednesday/Friday 9:30-11:00am

### **Varsity Volleyball 8th-12th graders (Starts Monday June 6)**

Monday/Wednesday

8:00-9:30 am

### **MS Volleyball Contact Coach Platts for complete schedule**

### **Girls & Boys Basketball (8th-12th grade)**

**Tuesday/Thursday**

8:00-9:30 am Girls (Starts Thursday June 2)

9:30-11:00 am Boys (Starts Tuesday May 31)

### **Cross Country**

Tuesday/Friday 8:00-9:15 am (Starts Tuesday June 14)

## **Competitive Cheer**

Contact Coach Friend for summer schedule

## **Swim**

Contact Coach Sullivan for summer schedule

MS Football contact Coach Raymond for summer schedule

## **MS Basketball Camps Grades 5-8 July TBA**

Summer is where our student athletes develop. Our speed and strength program is led by a national and south carolina hall of fame Speed and Strength coach Mike Srock. For optimal performance and injury prevention training, do not miss these summer workouts!