



COX FOOTBALL SUMMER **CONDITIONING INFO.**

- ✓ **SUMMER CONDITIONING BEGINS MONDAY, JUNE 19TH 3-5 P.M.**
- ✓ **YOUTH CAMP RUNS MONDAY, JUNE 19 – THURSDAY, JUNE 22 FROM 8-12:30. PLAYERS SHOULD ARRIVE BY 8 A.M. IN LOCKER ROOM DRESSED IN COX FOOTBALL GEAR READY TO COACH**
- ✓ **PASSING LEAGUE IS ONGOING THROUGHOUT THE SUMMER ON WED. NIGHTS. ARRIVE @ COX BY 4:30 IN UNIFORM**
- ✓ **PHYSICALS WILL BE OFFERED ON TUESDAY, JUNE 27TH AT COX H.S. AT 4:30 P.M. COST IS \$20 CASH ONLY & ARE REQUIRED TO TRY OUT. PLEASE TAKE ADVANTAGE OF THIS OPPORTUNITY!**
- ✓ **MANDATORY PRACTICE / TRYOUTS BEGIN THURSDAY, JULY 27TH (SEE PRACTICE SCHEDULE FOR FURTHER DETAILS)**
- ✓ **EQUIPMENT ISSUE WILL BE ONGOING THROUGHOUT THE SUMMER FOR THOSE WHO ATTEND CONDITIONING. EQUIPMENT WILL NOT BE ISSUED TO THOSE WHO DO NOT ATTEND AND WHO DO NOT HAVE A PHYSICL ON FILE...**

**IF YOU HAVE ANY QUESTIONS PLEASE EMAIL COACH STACK AT:
WJSTACHE@VBSCHOOLS.COM**