



RISING 9TH GRADERS SUMMER **CONDITIONING INFORMATION**

- ✓ **CONDITIONING BEGINS MONDAY, JUNE 18TH (3 – 5 P.M.)**
- ✓ **CONDITIONING DAYS ARE MON. – TUES. – THUR. (3 – 5 P.M.)**
- ✓ **PLAYERS MEET BEHIND THE SCHOOL NEAR LOCKER ROOM**
- ✓ **ATTIRE = SHORTS, T-SHIRT, TENNIS SHOES FOR LIFTING & CLEATS**
- ✓ **PLAYERS WILL BE ISSUED A LOCKER & UPON RECEIPT OF A \$50 PAYMENT (CASH OR CHECK MADE OUT TO COX FOOTBALL), A SPIRIT PACK (SHORTS, SLEEVELESS T, DRY-FIT T, & BONUS ITEM)**
- ✓ **PHYSICALS (DATED AFTER MAY 1ST, 2018) ARE DUE BY MID-JULY**
- ✓ **PLAYERS WILL NEED THEIR OWN TRANSPORTATION UNTIL MANDATORY PRACTICE BEGINS ON TH. JULY 26TH**

PLEASE MAKE SURE THAT PLAYERS ARE PROPERLY HYDRATED AND NOURISHED. THESE SESSIONS ARE VITAL TO GETTING THE ATHLETES PREPARED FOR THE HEAT AND RIGOR OF AUGUST TRYOUTS AND TWO-A-DAY PRACTICES. WHILE THEY ARE NOT MANDATORY THEY ARE HIGHLY ENCOURAGED FOR ANYONE HOPING TO MAKE THE TEAM. PLEASE REFER TO THE PRACTICE SCHEDULE LINK @ WWW.COXFOOTBALL.COM FOR FURTHER DETAILS AND REGISTER YOUR EMAIL ADDRESS FOR THE DISTRIBUTION LIST ON THE HOMEPAGE AS WELL.

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL COACH STACK AT:

WJSTACHE@VBSCHOOLS.COM

THANK YOU FOR SUPPORTING COX FALCON FOOTBALL