



# **COX FOOTBALL SUMMER** **CONDITIONING INFO.**

- ✓ **SUMMER CONDITIONING BEGINS MONDAY, JUNE 17<sup>TH</sup> 3-5 P.M.**
- ✓ **YOUTH CAMP RUNS MONDAY, JUNE 17 – THURSDAY, JUNE 20 FROM 8-12:30. RETURNING PLAYERS SHOULD ARRIVE BY 8 A.M. 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 MONDAY, JUNE 10<sup>TH</sup> AT COX H.S. AT 2:30 P.M. COST IS \$25 CASH ONLY & ARE REQUIRED TO TRY OUT. PLEASE TAKE ADVANTAGE OF THIS OPPORTUNITY!**
- ✓ **MANDATORY PRACTICE / TRYOUTS BEGIN THURSDAY, AUGUST 1<sup>ST</sup> (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](mailto:WJSTACHE@VBSCHOOLS.COM)**