

2023 D-TOWN FOOTBALL SUMMER Freshman WORK OUT SCHEDULE (All dates and times subject to change)								
WEEK #	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	
MINI CAMP: May 29-June 2	NO SCHOOL	MINI CAMP*				OFF		
WEEK 3-1 June 5-9(after school)	NOTHING							
WEEK 3-2 June 12-16 (Morning)		AM LIFT		AM LIFT	OFF	OFF		
BLUE & GOLD CAMP JUNE 19 JUNE 23	9:00-2:00	9:00-2:00	9:00-2:00	9:00-2:00	9:00-12:00	OFF		
WEEK 3-4; June 26-30 (morning)		AM LIFT 7:15-9:15		AM LIFT 7:15-9:15	OFF	OFF		
WEEK 3-5; July 3 -July 7 (morning)		AM LIFT 7:15-9:15		AM LIFT 7:15-9:15	OFF	OFF		
WEEK 3-6 July 10-14 (morning)		OFF		AM LIFT 7:15-9:15	OFF	OFF		
TEAM CAMP July 17-21	TEAM CAMP UPPER CLASS ONLY; FROSH OFF							
OFF July 22-July 31	ALL OFF							
PRE-SEASON July 31-3 (7:00-10:00)		AM LIFT 7:15-9:15		AM LIFT 7:15-9:15	OFF	OFF	OFF	
HEAT; Aug 7 Aug 11	HEAT CAMP 4PM to 7PM					GOLD CARDS	OFF	
SUMMER CAMP Week #1 Aug 14	SUMMER CAMP 8:00 TO 10:30					OFF	OFF	
GAME WEEK; Aug. 21	3 to 5:30				OFF	OFF	OFF	
Picture Day	Friday Aug 19th 1:00 after Practice							
Tyler Kroft Camp	TBA							
* We realize that all rising Freshman will be missing one of the three days to attend their class trip.								