

2022 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 30-June 3	NO SCHOOL	MINI CAMP*				OFF	
WEEK 3-1 June 6-10 (after school)	NOTHING						
WEEK 3-2 June 13-17 (Morning)		AM LIFT		AM LIFT	OFF	OFF	
BLUE & GOLD CAMP JUNE 20-JUNE 24	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 27-July 1(morning)		AM LIFT 7:15-9:15		AM LIFT 7:15-9:15	OFF	OFF	
WEEK 3-5; July 4 -July 8 (morning)		AM LIFT 7:15-9:15		AM LIFT 7:15-9:15	OFF	OFF	
WEEK 3-6 July 10-14 (morning)		AM LIFT 7:15-9:15		AM LIFT 7:15-9:15	OFF	OFF	
TEAM CAMP July 18-21: OFF July 22-41	TEAM CAMP UPPER CLASS ONLY; FROSH OFF						
OFF July 22-July 31	ALL OFF						
PRE-SEASON Aug 1-4 (7:00-10:00)		AM LIFT 7:15-9:15		AM LIFT 7:15-9:15	OFF	OFF	OFF
HEAT; Aug 8-Aug 12	HEAT CAMP 4PM to 7PM					GOLD CARDS	OFF
SUMMER CAMP Week #1 Aug 15	SUMMER CAMP 8:00 TO 10:30					OFF	OFF
GAME WEEK; Aug. 22	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.							