

# Football Summer Workouts

Football Season Doesn't Start in the *Fall* it Starts in the  
*Summer*

*June 9, 2008 - Aug 1, 2008*

***Coach Hawthorne***

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The purpose for summer training is to get the athlete in top shape to perform at the best of his ability when the season starts. Through weight training and conditioning along with your support we can make a difference this season.

## Rules for Summer Workout

1. All Bishop Dunne Catholic School Rules still apply
2. Must be on time for all workouts(Those who are late will not workout that particular day)
3. Must be in uniform every workout (Those who are not will not be able to workout that day)
4. No horse playing in the locker room or weight room
5. Always give your best effort everyday

The proper uniform will be \$25. This will consist of two shirts and one pair of shorts.

You will not be able to participate if this form is not signed and returned by the student athlete and parent.

Parent Signature \_\_\_\_\_

Player Signature \_\_\_\_\_

Date May13, 2008