

Conant Football Summer School Registration Information

Updated 4-1-09

Varsity

Semester 1

Section # Y 324-01 Football Skills

Monday through Thursday

Football practice from 6:00 AM to 8:00 AM and weight training from 8:00 to 9:00

Note – The players that have an academic summer school class will practice from 6:00 to 8:00 and do their weight training after school at 1:00

See the summer calendars for more specific information regarding the specific days this camp will meet.

Semester 2

Section # Y338-01 Football Strength and Conditioning

Monday through Thursday from 6:00 AM to 9:00 AM

Note – The players that have an academic summer school class will practice from 6:00 to 8:00 and do their weight training after school at 1:00

See the summer calendars have more specific information regarding which days are football and which days are just “lift and run” days.

Sophomores

Semester 1

Section # Y 324-01 Football Skills

Monday through Thursday

Football practice from 6:00 AM to 8:00 AM and weight training from 8:00 to 9:00

Note – The players that have an academic summer school class will practice from 6:00 to 8:00 and do their weight training after school at 1:00

See the summer calendars for more specific information regarding the specific days this camp will meet.

Semester 2

Section # Y338-01 Football Strength and Conditioning

Monday through Thursday from 6:00 AM to 9:00 AM

Note – The players that have an academic summer school class will practice from 6:00 to 8:00 and do their weight training after school at 1:00

See the summer calendars have more specific information regarding which days are football and which days are just “lift and run” days.

Freshmen (incoming Freshmen)

Semester 2

Section # Y325-01 Football Boys

Monday through Thursday from 1:00 PM to 3:30 PM

Also available to incoming freshmen:

Semester 1

Coed Weight Training , Agility, and Conditioning

Section # Y336-01

Monday through Thursday from 1:00 PM to 3:30 PM

Semester 2

Coed Weight Training, Agility, and Conditioning

Section # Y3356-01

Monday through Thursday from 3:30 PM to 6:00 PM