

# Eagle Football

## Early Morning Lifting & Speed Notes:

Every Tuesday & Thursday

Stretch begins @ 6:05 AM sharp

Lifting begins @ 6:15 AM

Lifting session will end no later than 7:20 AM

## After school lifting (Monday -Wednesday- Friday)

Designed to be an additional lifting session

3:15 - 4:30 PM

Athletes only

## Early Morning Lifting & Speed Notes:

Bring own water bottles / No breaks during lifting

Count on each other - Communicate

Lift to be great and win a championship

## No Lifting

January 19th	Exams
January 21st	Exams
March 16th	OGT Testing
March 18th	OGT Testing
March 30th	Spring Break
April 1st	Spring Break
May 27th	Last Day of morning lifting

## Eagle Reminders

Be great in the classroom

Sign Up for your ACT - ASAP

Turn in your EMF