



2009-2011
REGION ALIGNMENT

DESERT SKY
Apache Junction
Cactus Shadows

COMBS
McClintock
Queen Creek
Saguaro

**WEIGHT ROOM HOURS BEGIN JUNE 1ST:
MONDAY – FRIDAY
6:00 am - 8:00am
6:00pm – 8:00pm**

IMPORTANT THINGS TO REMEMBER

PHYSICALS NEED TO BE COMPLETED BY END OF JUNE
FORMS CAN BE OBTAINED AT ATHLETIC OFFICE (COMBS MIDDLE SCHOOL)
THESE FORMS WILL BE AVAILABLE ONLINE STARTING AT THE END OF APRIL

- **Athletes are required to attend 4 weight sessions a week.**
LIFTING ON YOUR OWN IS NOT AN OPTION.
- **These sessions do not include individual conditioning sessions**
- **FIRST DAY OF MANDATORY FOOTBALL PRACTICE IS
AUGUST 3RD (5:00 PM): ALL PHYSICAL FORMS AND FEES NEED TO
BE HANDED IN**
- **June and August: Players will test in the 3 core lifts (bench press
power clean and squat), 40 yard dash, vertical jump and pro
shuttle.**
- **On August 3rd, it is essential that you report IN PROPER PHYSICAL
CONDITION. Therefore, it is necessary to attend all running and
weightlifting sessions.**
- **Weight workouts are available in weight room. Conditioning workouts will
be distributed before the end of MAY**

SUMMER PASSING AND LINEMEN PRACTICE SCHEDULE

These practices will focus on our offensive and defensive plays. Additionally, these practices will help you develop a basic understanding of what is expected of you when fall camp begins. YOU MUST ATTEND TO BE ELIGIBLE TO PLAY IN TOURNAMENTS AGAINST OTHER SCHOOLS.

All practices will begin at: 5:00 pm (time subject to change)

- Week 1: June 1st and 4th**
- Week 2: June 8th and 10th**
- Week 3: June 15th and 17th**
- Week 4: June 22nd and 24th**
- Week 5: June 29th and July 1st**
- Week 6: Football Camp (Bison Ranch)**
- Week 7: July 15th only**
- Week 8: Lifting only, no practice**
- Week 9: Lifting only, no practice**
- Week 10: MANDATORY PRACTICE BEGINS AUGUST 3RD**