

# 2018 EAGLE PRIDE

We will be having summer workouts free of charge starting May 30th. **All athletes are welcome to attend (boys and girls).** The workouts start at 7:30 AM (Monday-Thursday). The first day is May 30th **You do not have to be a football player to attend. We encourage all athletes to come to help our school improve as a whole.** However, high school football players (grades 9-12) are required to make 24 of the 28 days. If an athlete goes to a sports camp of any kind I will pay them weight room days so it doesn't count against them. I encourage participation in all other sports. If a varsity football player fails to make his 24 days, he will be allowed to play but will have extra conditioning during the season. This extra conditioning is not punishment; it is just to make up what they may have missed.

Junior high football players do not have a set number of required days however; they are strongly encouraged to attend.

Coaches I invite and encourage you to have your athletes come to summer pride, and you are welcome to come and help coach as well.

Things to be worked on during eagle pride:

**Ply metrics** (ply boxes, jumps, etc)

**Agility** (bags, small hurdles, ladders, and cone drills)

**Speed** (form running, running techniques, and resistance running)

**Strength** (resistance training-all weight room activity will be monitored and coached to be safe)

**Nutrition** (will be given information on proper nutrition and diets)

ONCE AGAIN THESE ARE NOT FOOTBALL SPECIFIC WORKOUTS. EVERYONE CAN BENEFIT, SO COME JOIN US STARTING JUNE 1ST.

GO EAGLES!!!

GABE ELLIS (918-237-5203)