

June



2019

SARASOTA FOOTBALL SCHEDULE

FOOTBALL SUMMER SEASON 2.0

June is a huge month for players to gain strength, size, speed and gain an edge in the classroom. We are excited with the additions of new strength and conditioning coaches with Professional experience to work with our team! Join us and embrace the challenge!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Lift, Studyhall 3:00 Lift, 4:00	4 Lift, Studyhall 3:00 Lift, 4:00	5 Lift, Studyhall 3:00 Lift, 4:00	6 Lift, Studyhall 3:00 Lift, 4:00	7	8
9	10 Lift, Run, Studyhall 3:00 Lift, Run 4:00	11 Lift, Run, Studyhall 3:00 Lift, Run 4:00	12 Lift, Run, Studyhall 3:00 Lift, Run 4:00	13 Lift, Run, Studyhall 3:00 Lift, Run 4:00	14	15
16	17 Lift, Run, Studyhall 3:00 Lift, Run 4:00	18 Lift, Run, Studyhall 3:00 Lift, Run 4:00	19 Lift, Run, Studyhall 3:00 Lift, Run 4:00	20 Lift, Run, Studyhall 3:00 Lift, Run 4:00	21	22
23	24 Lift, Run, Studyhall 3:00 Lift, Run 4:00	25 Lift, Run, Studyhall 3:00 Lift, Run 4:00	26 Lift, Run, Studyhall 3:00 Lift, Run 4:00	27 Lift, Run, Studyhall 3:00 Lift, Run 4:00	28	29
30	1 OFF	2 OFF	3 OFF	4 OFF	5 OFF	6

Any Questions please email Coach Hodges @ spencer.hodges@sarasotacountyschools.net

Lifting will last an hour, conditioning will last a hour roughly. Study hall is available for any students under a 2.3 or want to take a FLVS course.