



# ARMSTRONG HIGH SCHOOL FOOTBALL SUMMER WORKOUTS

## Summer Speed and Strength Sessions

**(Fall 2023) 7-9 grade students**

*June 13- July 29 8-9:30am*

*Monday, Tuesday, and Thursday*

*@ Armstrong Stadium/Weight Room*

**(Fall 2023) 10-12 grade students**

*June 13- July 29 10-Noon*

*Monday, Tuesday, and Thursday*

*@ Armstrong Stadium/Weight Room*

**No workouts July 2-July 9 (non-contact week)**

***For more information about summer programs, please visit  
<https://www.ahsfalconfootball.com/> or click the QR Code  
below***

