

**STRAFFORD
FOOTBALL
2023**

**SUMMER STRENGTH
& *CONDITIONING***

<https://www.teamapp.com>

**STRAFFORD Football
2023**

**All Jr. High and High School Coaches will be involved in both High School and Jr. High Camps*

**HIGH SCHOOL PLAYERS COME EARLY TO PICK UP EQUIPMENT AND ASSIGN LOCKERS ON July 5th-July7th*

1. *Football Installation Camp I July 10th– July 14th (High School only)7am – 10am*

2. *Football Mental Toughness Camp II July 17th– July 21th (High School only) 7am – 10am*

****All Jr. High & High School Coaches will be involved in All Camps
High School Time: 7:00 – 10:00 am***

Monday 7 on 7 all QB, Receivers, Running Backs, and Defensive Backs

7 on 7 at Ozark football field

Place: Ozark Mo./Strafford Mo.

Time:6pm to 8pm

Dates: June 5th , 12th , 19th and 26th

3. *Review for Evangel camp July 24th, 25th, @ 9am (After workouts)*
4. *Team Meeting (Review over Team Handbook and Pick Captain's July 26st @ 9am after workouts)*
5. *(Evangel Team Camp) Date: July 27th – 28st Time: 8am- 12pm*

Starting 2nd^d week of August - there will be 3 and 1 practice. (Must be at practice to be on team)
6. *Fall practice begins August 7th – August 11th . (Must be at practice to be on the team)
– 1st practice 7:00am – 11:00am PRACTICE FIELD (Includes time for weights)*

Regular Practice time starts on August 14th from 3:25pm to 5:30pm

Jamboree August 18st Springfield Mo. (Central) 7pm

**All Jr. High & High School coaches will be involved in 3&1 practices*

Weight room/Gym will be closed from July 31th through August 4th(Dead Week)

***August 12th is the Maroon and White scrimmage
6pm to 8pm***

**Every player needs physical and insurance information on file in the high school office before you will be allowed to practice.*

31 day Summer Weights and Conditioning Program

There is a possible 31 days where the weight room will be open

Each week you complete a full week in the weight room, you will receive two helmet stickers

We are going to have the weight room open only in the mornings this summer. With summer basketball, 7 on 7, baseball, family commitments, etc...It has become very difficult to consistently attend the wt room in the evenings. The wt room is going to be open from 7:00 AM until 9:30 AM. We will lift until 8:30 AM and then do our speed, agility, conditioning work from 8:30 to 9:30 AM.

At 8:00 AM we are going to go either to the Football field or the gym (usually the field) to do a variety of speed/conditioning/agility/core workouts. These workouts will usually take anywhere from 30 to 45 minutes. During this time we will do a variety of workout including:

- 1. Medicine Ball workouts*
- 2. Ladder Drills*
- 3. Sidewinder Drills*
- 4. Stability Ball workouts*
- 5. Form running/Speed training*
- 6. Jump Rope Program*
- 7. Other various speed and conditioning drills.*

We will increase the intensity of these workouts as we progress through the summer. We want to get in better shape as the summer progresses.

Our goal is to help you perform better – not just in sports but also in your daily lives. This program is designed to not only help you look fitter; it will serve as a lifelong formula to maximize performance and help maintain a high quality of life as you age. Train the Body, Mind, and Emotion – Improvement in all of these areas will lead to a happier, more fulfilled life.

Everyone doing this program can expect to lose body fat, improve flexibility, become more powerful, and strengthen and stabilize his joints. We want to create a body that not only looks good but also is capable of thriving in sports and performing the physical tasks of everyday life. We want to create a body that is more flexible, elastic, and explosive. We want to create more stability, which is to say more support around your joints that come from working the supporting little muscles that may have been ignored in the past.

Reason

Brings unity to the team

Keeps the major injuries down

If we can get 95% or more in the summer program, WATCH OUT !!!

HERE WE COME!!!

Weight room will be open June 1st from 7am to 9:30am

Monday, Tuesday, Wednesday, and Thursday– weight room workouts, speed, agility and core workouts.

Tuesday and Thursdays – weight room workouts, conditioning and skill position workouts

Wednesday: THE TEAM CAPTAIN'S LEADERSHIP MEETING after workouts from 9:30am to 10:00am.

Weights & Conditioning TESTING

Testing Dates August 21st – August 25th