



ARMSTRONG HIGH SCHOOL FOOTBALL SUMMER WORKOUTS

***Summer Speed and Strength Sessions
(Fall 2025) 7-9 Grade Students 8-9:30am
(Fall 2025) 10-12 Grade Students 10am-noon***

June 9- July 24

Monday, Tuesday, and Thursday

@ Armstrong Stadium/ Weight Room

No Workouts June 30- July 6(MSHSL non-contact week)

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

