



FOSSIL RIDGE FOOTBALL STRENGTH & CONDITIONING SUMMER 2025

June 9 - July 24 (Mondays - Thursdays)

Closed on Fridays & Closed June 30 - July 3

[CLICK HERE TO REGISTER - LIMITED SPACE AVAILABLE](#)

7TH - 8TH GRADES	8 - 10 AM	\$120 / ATHLETE
9TH GRADE	8 - 10 AM	\$120 / ATHLETE
10TH - 12TH GRADES	9 - 11 AM	\$120 / ATHLETE

Fossil Ridge Indoor Training Facility

Open to 7th-12th graders in the Fossil Ridge High School feeder pattern.

Email Questions to Coach Grounds: john.grounds@kellerisd.net

\$120 per athlete for 6 weeks (24 days) of summer athletic training and development.

Acceptable forms of payment: cash, personal check, cashier's check, or money orders.

Make checks and/or money orders payable to: **FOSSIL RIDGE FOOTBALL**

Registration payment collected at the morning check-in/registration table with coaching staff.

Daily Training Attire:

shorts, t-shirts, non-metal cleats, running shoes, & 1-gallon water bottle/jug

Crocs & slides NOT allowed in the weight room

