

Brownsboro Boys Summer Workout Schedule

Incoming 7th-12th Boys (All Sports)

Meet at the HS Football Stadium to start each day.

HS Football Equipment Issue July 31st: 11th-12th Grade 9:00am, 9th-10th Grade 10:00am

Incoming 7th-8th graders will issue football equipment the 1st day of school.

Week 1			Week 2			Week 3		
M	6/2	9:30am-11:00am	M	6/9	9:30am-11:00am	M	6/16	9:30am-11:00am
Tu	6/3	9:30am-11:00am	Tu	6/10	9:30am-11:00am	Tu	6/17	9:30am-11:00am
W	6/4	9:30am-11:00am	W	6/11	9:30am-11:00am	W	6/18	9:30am-11:00am
Th	6/5	9:30am-11:00am	Th	6/12	9:30am-11:00am	Th	6/19	9:30am-11:00am

Week 4			Week 5			Week 6		
M	6/23	9:30am-11:00am	M	6/30	No Workouts	M	7/7	9:30am-11:00am
Tu	6/24	9:30am-11:00am	Tu	7/1	No Workouts	Tu	7/8	9:30am-11:00am
W	6/25	9:30am-11:00am	W	7/2	No Workouts	W	7/9	9:30am-11:00am
Th	6/26	9:30am-11:00am	Th	7/3	No Workouts	Th	7/10	9:30am-11:00am

Week 7			Week 8			Week 9		
M	7/14	9:30am-11:00am	M	7/21	No Workouts	M	7/28	9:30am-11:00am
Tu	7/15	9:30am-11:00am	Tu	7/22	No Workouts	Tu	7/29	9:30am-11:00am
W	7/16	9:30am-11:00am	W	7/23	No Workouts	W	7/30	9:30am-11:00am
Th	7/17	9:30am-11:00am	Th	7/24	9:30am-11:00am	Th	7/31	Equipment Issue

There will be open HS weight room each evening from 5:30pm-6:30pm for those that cant be at morning workouts.

Come for fellowship and play PS5 games from 8:30am-9:30am at the HS locker rooms.

Weekly drawings for those that have perfect weekly attendance for swag gear.

End of summer drawing for a PS5 for those that have 80% or better attendance rate.

Weekly cookouts and fellowship after workouts.

School lunch provided from 11:00am-12:00pm after workouts.