

# Football Training

for Those Interested in Trexler Football

## Attention Students:

*Join us during the summer for football training sessions from 5:30-7:00 pm.*

**Football Tryouts: August 11<sup>th</sup> and 12<sup>th</sup> from 8:00am to 9:30am**

## Program Details:

- ◆ This program is voluntary.
- ◆ Participation or non-participation will have **NO** effect on a student athlete making the football team during tryouts.
- ◆ Approved Trexler Football coaches will be leading the workouts on assigned days.
- ◆ Student athletes are **required** to have an up to date physical on file as well as a MRSA form on file to participate.
- ◆ Join our Remind group for information and updates. Join by sending a text to **81010** and entering **@2526tre**
- ◆ Please contact Coach Justin Marshburn or Coach Bud Green with any questions or concerns.

## Football Training Dates:

- July 7
- July 9
- July 14
- July 16
- July 23
- Aug 4
- Aug 6
- **Aug 11**  
**Tryouts**
- **Aug 12**  
**Tryouts**

All sessions will be held on Trexler's Practice Field.

*The goal of this summer program is to teach student athletes proper exercises and form that are proven to increase speed, power, and flexibility. They will also be taught running form, quickness drills, and stability drills to help develop quickness, speed, agility, and hopefully decrease injuries during the football season.*

