

Wildcat Summer Workouts 2026

Incoming 7th - 12th Grade



Session #1: June 1st - June 4th Monday-Thurs

Session #2: June 8th - June 11th Monday-Thurs

Session #3: June 15th - June 18th Monday-Thurs

Session #4: June 22nd - June 25th Monday-Thurs

*** Mid-Summer Break - All Sports - June 29 - July 4 ***

Session #5: July 6th - July 9th Monday-Thurs

Session #6: July 13th - July 16th Monday-Thurs

Session #7: July 20th - July 23rd Monday-Thurs



Workout Hours

- 7:00 - 8:30 - Strength & Conditioning - HS Weight Room
- 8:45 - 9:45 - Sport Specific Skill Training (*see schedule below*)

Enter and Exit

- Front of Godley HS - (ALL Athletes 7 - 12 Grade) - Meet on HS Football Field

Physicals:

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- All athletes entering 7th, 9th, and 11th grade, ***MUST HAVE*** an updated physical. Forms will be through rank one on the link below (Link will become active the week of April 27) . (All incoming 7th graders will need a physical before they can workout during the summer.)

<https://godleyisd.rankone.com/Pro/Login.aspx>

Sport Specific Skill Training

<u>Basketball</u>	<u>Football</u>
JH 8:45 - 9:15	JH 9:30-10:00
HS 9:30- 10:15	HS 8:45-10:00