

TUTT MIDDLE SCHOOL FOOTBALL

Spring Conditioning Requirements – 2026–2027 Season

Start Date	Monday, April 20, 2026
Days	Monday – Thursday
Time	4:35 PM – 6:00 PM
Location	Tutt Middle School Football Field

Purpose

- Prepare student-athletes for the football season
- Improve strength, speed, endurance, discipline, and teamwork

Attendance Requirements

- Attendance is strongly encouraged
- Arrive on time and ready to participate
- Communicate absences in advance

Transportation

- Pickup required at 6:00 PM sharp
- No extended supervision after dismissal
- Repeated late pickups may affect participation

Required Gear

- Cleats (football or molded)
- Running shoes
- Athletic shorts & t-shirt
- Water bottle (labeled)
- Towel (optional)

Conduct & Expectations

- Respect coaches, teammates, and school property
- Give maximum effort

- No horseplay, fighting, or inappropriate behavior
- Follow all coaching instructions

Health & Safety

- Arrive properly hydrated
- Report injuries immediately
- Ensure physical forms are up to date

Training Focus

- Speed & Agility
- Strength & Conditioning
- Core Development
- Football Fundamentals
- Team Building

Commitment

- Sets the tone for the season
- Consistent effort leads to better preparation

We look forward to building a strong, disciplined, and competitive team.

Head Coach R. Shoemaker
Assistant Head Coach M. Wingate