

LANGFORD–TUTT MIDDLE SCHOOL

SUMMER FOOTBALL CONDITIONING PROGRAM

Head Football Coach: R. Shoemaker 

PROGRAM SCHEDULE

First Session:


June 9, 2026 – June 30, 2026

 Time: 4:30 PM – 6:30 PM

Second Session:

July 6, 2026 – July 28, 2026 (*adjusted for clarity*)

 Morning Session: 9:30 AM – 11:30 AM

 Evening Session: 4:30 PM – 6:30 PM

LOCATION

Langford–Tutt Middle School Athletic Facilities

PROGRAM FOCUS

- Strength & Conditioning
- Speed & Agility Training
- Football Fundamentals
- Team Building & Discipline
- Endurance Development

REQUIRED EQUIPMENT

All athletes must bring:

- Cleats

- Running shoes
- Athletic shorts & t-shirt
- Water bottle (hydration is REQUIRED)
- Towel
- Optional: gloves, resistance bands

REQUIREMENTS TO PARTICIPATE

- Completed **physical examination form** (current)
- Signed **parent/guardian consent form**
- Must have **reliable transportation** for pickup after each session
- Positive attitude and willingness to work
- Commitment to attend regularly and on time

EXPECTATIONS

- Be on time and ready to work
- Show respect to coaches and teammates
- Give maximum effort every session
- Maintain good sportsmanship and discipline

IMPORTANT NOTES

- Athletes should stay properly hydrated throughout the day
- Dress appropriately for outdoor weather conditions
- Any missed days should be communicated with coaching staff

“Champions Are Built in the Offseason.”

We look forward to seeing you this summer and building a strong foundation for the upcoming season!

– Coach R. Shoemaker