

MINGUS SUMMER FOOTBALL

A NEW SEASON AHEAD.
IT'S TIME TO GRIND!



**PRACTICES
BEGIN
JUNE 1**



**PRACTICE TIME
4:30-7:00 PM
Monday - Thursday**

Subject to change - Check BAND App for updates from coach

TEAM. TOUGHNESS. DISCIPLINE. BROTHERHOOD.

ONE TEAM. ONE GOAL.

MINGUS FOOTBALL

COACH MIDKIFF'S MESSAGE:

-  **ATHLETES SHOULD WEAR A RED SHIRT + BLACK SHORTS**
-  **BRING CLEATS AND ATHLETIC SHOES FOR THE WEIGHT ROOM**
-  **NO CROCS, SANDALS, SLIDES, HEY DUDES, OR BARE FEET IN THE WEIGHT ROOM!**
-  **WE ENCOURAGE PLAYERS TO BRING YOUR OWN WATER BUT WE WILL HAVE WATER FOR THE PLAYERS AS WELL.**

**SUMMER
VIBES
CHAMPIONS
IN THE MAKING**



BE EARLY. | BE READY. | BE RELENTLESS.

WE START PROMPTLY AT 4:30 PM Practice and Weights

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**BE ON THE FIELD EARLY,
READY TO WORK!**

**LET'S WORK.
GO MINGUS!**