



June 2021

Tiger Football Summer Lifting “Praise the process not the product”

Monday	Tuesday	Wednesday	Thursday	Friday
		<u><i>ALL LINE MAN WILL LIFT TOGETHER AT 8AM</i></u>		7
		<u><i>ALL SKILLS WILL LIFT AT 9:15</i></u>		
21 8:00-11:00am Weights 5:00-7:00pm Freshman	22 8:00-11:00am Weights 5:00-7:00pm Freshman	23 8:00-11:00am Weights 5:00-7:00pm Freshman	24 8:00-11:00am Team Weights 5:00-7:00 Freshman	No Weights
28 8:00-11:00am Weights 5:00-7:00pm Freshman	29 8:00-11:00am Weights 5:00-7:00pm Freshman	30 8:00-11:00am Weights 5:00-7:00pm Freshman		



July 2021

Tiger Football Summer Lifting

“Praise the process not the product”

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00-11:00 Team Weights 5:00-11:00 Freshman	2 No Weights
5 8:00-11:00 Weights 5:00-7:00 FRESHMAN	6 8:00-11:00am Weights 5:00-7:00pm Freshman	7 8:00-11:00am Weights 5:00-7:00pm Freshman	8 8:00-11:00 Team Weights 5:00-7:00 Freshman	No Weights
12 8:00-11:00am Weights 5:00-7:00pm Freshman	13 8:00-11:00am Weights 5:00-7:00pm Freshman	14 8:00-11:00am Weights 5:00-7:00pm Freshman	15 <u>Team Camp</u> <u>AVA</u> <u>MARIA</u>	No Weights
19 8:00-11:00am Weights 5:00-7:00pm Freshman	20 8:00-11:00am Weights 5:00-7:00pm Freshman	21 8:00-11:00am Weights 5:00-7:00pm Freshman	22 8:00-11:00 Team Weights 5:00-7:00 Freshman	No Weights
26 8:00-11:00 Weights 5:00-7:00 Freshman	27 8:00-11:00 Weights 5:00-7:00 Freshman	28 8:00-11:00 Weights 5:00-7:00 Freshman	29 8:00-11:00 Team Weights 5:00-7:00 Freshman	No Weights