

CV FOOTBALL Varsity and JV

2018 Summer Info

Workouts from May 21st to June 14th

Monday, Tuesday, Thursday and Friday

Times: TBA – will be sent out through HUDL

Summer Attendance starts on May 21st.

Important in regards to depth chart and conditioning test.

Seniors: To be a captain you must have 75% attendance during the summer.

Helmet Fitting:

Thursday, May 24th at 3:20 pm in the DSF Equipment Room.

Helmets will be handed out by grade.

Physicals for 2018 Season: June 1st and 4th will be the days that you can get a physical at the school. Physical times will be from 6:00-8:00 pm. Every player must have a completed physical dated after June 1st and all other paper work turned into the trainer by Monday, August 7th. Physical Forms can be picked up from the trainer, athletic office or download from the school website.

7 v 7 Dates

Saturday, June 30th at Dickinson College (Invite Only)

Summer Workout Days and Times (Start on June 18th)

Varsity and JV: Monday, Tuesday, Thursday and Friday

***Bring Helmets and Cleats on Tuesdays**

You only need to attend one of these sessions a day.
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Morning Session: 8:30 to 11:00 am or Evening Session: 5:30 to 8:00 pm

Equipment

Varsity and JV Equipment will be handed out starting on July 9th.

Summer Testing

July 30th and 31st: Agility Testing on Turf, Bench and Squats

August 6th: Make-up Weight Testing and Conditioning Test

Start of Practice

Varsity and JV: August 6th

Cleats

Cleats used in game must be either all Black or Black w/White. I will be handing out an order form if you are interested in ordering through the team. If you are ordering cleats on your own, make sure you check with Coach Whitehead to make sure they meet the specifications.

Questions

Contact Coach Whitehead – mwhitehead@cvschools.org