**DESOTO SCHOOL T-BIRDS**

**2022** **SUMMER WORKOUT/FOOTBALL SCHEDULE**

**DATE ACTIVITY SR High/JR High**

5/31-6/3 Workouts/Football Practice 7:00-9:00

6/6-10 Workouts/Football Practice 7:00-9:00

6/13-17 Workouts/Football Practice 7:00-9:00

6/20-24 Workouts/Football Practice 7:00-9:00

6/27-7/1 Workouts/Football Practice 7:00-9:00

7/4-7/8 Dead Week No Practice

7/11-15 Workouts/Football Practice 7:00-9:00

7/18-22 Workouts/Football Practice 7:00-9:00

7/25-29 Workouts/Football Practice (Two-A-Days) 7:00-11:00

8/1-5 Workouts/Football Practice (Two-A-Days) 7:00-11:00

8/5 Decathlon/Pentathlon 1:00

\* Schedule may be subject to change

**SUMMER WORKOUT/FOOTBALL GUIDELINES**

* EVERYBODY GETS 5 MISSES
* AFTER 5 MISSES, WORKOUTS MUST BE MADE UP. (PROWLER)
* EVERYBODY NEEDS TO HAVE CLEATS AND TENNIS SHOES

ONE TEAM.

ONE DIRECTION.

ONE GOAL.

STATE CHAMPIONS.