VCS Summer Football Sports Performance Schedule

We understand that vacations, other sports, church activities and other family events may make it impossible to attend all the workouts. Students are encouraged to communicate directly with the coaches whenever they are not able to attend.

**Week 1-Week 6**  
June 13-July 22

This part of the summer includes both football specific activities and strength and conditioning workouts. Families should try to schedule vacations outside of this time period if possible.

**Freshmen**  
1:00-3:00

Meet on the football field. Schedule will be different everyday but will include devotions, strength training, conditioning, football related drills and activities along with time on the white board. Occasionally, the entire program will come together for program building activities. Dress is blue shorts and white or grey T-shirt. Students should wear tennis shoes and also bring cleats and water. Football coaches will be present and heavily involved in the class.

**Junior Varsity**  
2:00-4:00

Meet on the football field. Schedule will be different everyday but will include devotions, strength training, conditioning, football related drills and activities along with time on the white board. Occasionally, the entire program will come together for program building activities. Dress is blue or black shorts and white or grey T-shirt. Students should wear tennis shoes and also bring cleats and water. Football coaches will be present and heavily involved in the class.

**Varsity**  
2:00-4:30

Meet on the football field. Schedule will be different everyday but will include devotions, strength training, conditioning, football related drills and activities along with time on the white board. Occasionally, the entire program will come together for program building activities. Dress is blue shorts and white or grey T-shirt. Students should wear tennis shoes and also bring cleats and water. Football coaches will be present and heavily involved in the class.

**Week 7-Week 8**  
July 25-August 5

**Freshmen-Varsity**  
1:00-3:00

Workout facility open for prescribed workouts. Interested students will be allowed to continue summer program. The entire workout will take 60-90 minutes so please plan accordingly. Football coaches will not be present unless they are a member of the HPC staff and attendance will not be taken. This is a great time to take vacations if schedules allow.