

FALCON FOOTBALL

SUMMER WORKOUTS



FREEDOM JV FOOTBALL



Location: Freedom Football Field

Bring: Athletic Shoes, Cleats, Water,
Blue Shorts & School colored shirt

JUNE/JULY WORKOUTS: 3:45-6:00pm

BREAK: JUNE 27th - JULY 13th

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 P	10 P	11 P	12 P	13	14
15	16 P	17 P	18 P	19 P	20	21
22	23 P	24 P	25 P	26 P	27 Break	28
29 Break	30					

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Break				
	6	7	8	9	10	11
						12
		Break				
13	14 P	15 P	16 P	17 P	18	19
20	21 P	22 P	23 P	24 P	25	26
27	28 Sch	29	30	31		

Coach Rodriguez

Contact: rodriguezst@luhsd.net