

## MS Football

### Summer Conditioning 2024

**When:** 6pm-7:30pm

**July:** 16, 18, 23, 25, 30:

**August:** 1, 6, 8, 13, 15, 22, 27:

**Where:** WWMS Football Field

**What to bring:** Lots of water

**What to wear:** Shorts, T-shirt, athletic shoes or cleats

**Focus:** Strength and Conditioning Drills

**First official Practice is September 4<sup>th</sup>** from 3:15-5:30 (All athletes must have a current and complete physical on file at the WWMS front office before they can practice)

**Physicals:** Must be on the MHSAA physical form: Form can be found online at the district website [warrenwoods.misd.net](http://warrenwoods.misd.net) under the athletics tab. Physicals from last school year are NOT valid unless they were done after April 15<sup>th</sup> 2024.

**Questions:** Contact Head Coach: Tim Doran

[tdoran8405@yahoo.com](mailto:tdoran8405@yahoo.com)

**Join MS Football Remind:** Text the message @9b9d498 to 81010