



ECS Middle School Football Summer Conditioning



WHAT: SUMMER FOOTBALL CONDITIONING
FOR INCOMING 6TH, 7TH, AND 8TH GRADERS

WHERE: ECS - BACK PRACTICE FIELD

WHEN: TUESDAYS AND THURSDAYS 6:00-7:30PM &
SATURDAYS 9:00-11:00AM
STARTING JUNE 6TH - ENDING JULY 29TH (NO CONDITIONING JULY 4TH)

WHAT TO BRING: TENNIS SHOES, FOOTBALL CLEATS, WATER
BOTTLE

COACH: BILL MURPHY

Cell: 239-344-6932

Email: bmkrmurphy@gmail.com

****ALL ATHLETES PARTICIPATING IN CONDITIONING MUST HAVE A
CURRENT ATHLETIC PHYSICAL PACKAGE ON FILE WITH ECS****