

Sentinels

Middle School Football

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2016 Summer Conditioning

All incoming 6-8th grade boys interested in playing Middle School Football during the fall season are encouraged to participate in the offseason conditioning program. During summer conditioning, athletes will meet their coaches, build team chemistry, learn the basics of the sport, begin learning the playbook, and the athletes will prepare for the upcoming season. Athletes will need the following at each summer conditioning:

- Athletic attire (T-shirt/shorts)
- Football cleats
- Tennis shoes (in case of bad weather)
- Refillable bottle for hydration (please label bottle with name)
- Attitude and effort!

2016 Summer Conditioning Schedule

Conditioning sessions will be held every **Tuesday from 5:30-7:30 PM & Saturday from 9:00-11:00 AM** at the main sports fields at ECS.

The dates of the conditioning sessions are as follows:

TUESDAYS (5:30-7:30 PM)

- 6/7
- 6/14
- 6/21
- 6/28
- 7/5
- 7/12
- 7/19
- 7/26

Saturdays (9:00-11:00 AM)

- 6/11
- 6/18
- 6/25
- 7/2
- 7/9
- **7/16 – NO CONDITIONING (due to Varsity Team Camp)**
- 7/23
- 7/30

Fall Regular Season Practices will start August 8th at 3:30 – 5:30 PM. Please Email Coach Turley for additional details and information. GO SENTINELS!