

Ponderosa Football: 2017 Spring/Summer

February 6 – March 2:

Freshman football players who are not participating in a winter or spring sport will work out in the weight room on Mondays (3:00 pm – 3:30), Wednesdays 2:30 pm – 3:30 pm, and Thursdays (2:30 – 3:30 pm). Any sophomore player who does not have Emphasis PE and is not playing a spring sport is required to attend.

March 6 – May 4th:

ALL players who are not playing a spring sport will work out Mondays (3:00 pm – 3:30), Wednesdays (2:30 pm – 3:30 pm), and Thursdays (2:30 – 3:30 pm). Additionally, OL/DL/TE's will stay after weights on Mondays and Wednesdays from 3:45 – 4:30. Skill players will stay after on Thursdays from 3:30 – 4:30 pm. You will need tennis shoes and cleats.

May 8th – May 18th:

Spring Football practice. We will practice from 5:00 pm – 6:30 pm, Monday through Thursday. This is for all levels. You will need cleats, tennis shoes, and water.

June 5th – August 3rd:

Summer Football practice. JV will practice from 4:00 pm – 6:00 pm, and Varsity will practice from 5:00 pm to 7:00 pm. We will practice Monday through Thursday. You will need cleats, tennis shoes, and water. You will have the following weeks off:

May 29th – June 2nd

July 3rd – July 7th

July 24th – July 28th

Summer practice is mandatory. I do not expect your family to plan their vacation around our football schedule, but if you are in town, you need to attend practice. If you work, or have a few days that you are going to miss, talk with your coach.

We will not be attending a summer football camp. Due to recent rule changes and the limitations of what we can do at camp, it is not worth the time or expense. Instead, the Varsity team will go on a team building trip. The date, place, and time are TBD.

August 7th: Season Begins.