



CHS Football Summer dates
Summer Weights start Tue June 9th

(We start Tuesday June 9th but after that Mon - Thur)

Freshman: Weights Mon-Thur 9am-10am, practice 10-11:30am

JV: Weights Mon-Thur 2:30pm - 4pm, practice 4-6pm
7 on 7 vs Orland 6/10

Varsity: Mon - Thur 4pm -6pm, practice Mon & Wed 6pm - 8pm
7 on 7 vs Orland 6/10

Team camp, Varsity only 6/19-6/21
7on7 at Davis, Varsity only 6/26

Athletes are expected to make 80% of summer work to be prepared for football

Big Red July 20th Frosh/JV/Varsity

(5:30pm - 8:00pm Mon - Thur)

First Day of Fall Football **July 27th**

Athletes must be enrolled at CHS, have online clearance complete
and a current Physical on file for football activities