



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

**Varsity**: Mon - Thur 4pm -6pm, practice Mon & Wed 6pm - 8pm

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**

(Times to be announced)

First Day of Mandatory Practice July 27th

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

