

# Trojan Football Summer Workout

## Lifting and Workouts

Begin June 7 (see calendar) – **MUST ATTEND 2 DAY A WEEK – PREFER 4 DAYS**

## Summer Install Camp

July 26-29 6:00 pm - 8:00 pm (4 days)

All 9-12 athletes are expected to attend. Your fall conditioning will be based on your Summer attendance.

Attendance will be monitored and displayed.

Please follow or like us on for updates, messages, and important dates.

Facebook – Worthington Trojan Football

Instagram – Worthington Trojan Football (whstrojanfb)

Twitter - @GenoLais

Website – <http://www.isd518.net/football>

Please send me a text with your name. (507) 360-9042.

## My contact information:

Gene Lais

[Geno.lais@isd518.net](mailto:Geno.lais@isd518.net)

507-360-9042

## Varsity Schedule

<b>Week 1</b>	<b>9/3/21</b>	<b>vs Jordan</b>	<b>HOME</b>
Week 2	9/10/21	at Pipestone	AWAY
Week 3	9/17/21	at St. Peter	AWAY
<b>Week 4</b>	<b>9/24/21</b>	<b>vs Marshall</b>	<b>HOME</b>
<b>Week 5</b>	<b>10/1/21</b>	<b>vs Luverne</b>	<b>HOME</b>
Week 6	10/8/21	at Fairmont	AWAY
<b>Week 7</b>	<b>10/15/21</b>	<b>vs Waseca</b>	<b>HOME</b>
Week 8	10/20/21	at New Ulm	AWAY

Dates are subject to change



## Trojan Football Summer Calendar

June 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Weightroom Open 6am-9am <b>SUMMER WORKOUTS BEGIN!</b>	<b>8</b> Weightroom Open 6am-9am	<b>9</b> Skill Work and Drills High School Football Field Practice - Need Cleats 6:30am-8:00am Weightroom 8am-8:45am	<b>10</b> Weightroom Open 6am-9am	<b>11</b> OFF	<b>12</b>
<b>13</b>	<b>14</b> Weightroom Open 6am-9am	<b>15</b> Weightroom Open 6am-9am	<b>16</b> Skill Work and Drills High School Football Field Practice - Need Cleats 6:30am-8:00am Weightroom 8am-8:45am	<b>17</b> Weightroom Open 6am-9am	<b>18</b> OFF	<b>19</b>
<b>20</b>	<b>21</b> Weightroom Open 6am-9am	<b>22</b> Weightroom Open 6am-9am	<b>23</b> Skill Work and Drills High School Football Field Practice - Need Cleats 6:30am-8:00am Weightroom 8am-8:45am	<b>24</b> Weightroom Open 6am-9am	<b>25</b> OFF	<b>26</b>
<b>27</b>	<b>28</b> Weightroom Open 6am-9am	<b>29</b> Weightroom Open 6am-9am	<b>30</b> Skill Work and Drills High School Football Field Practice - Need Cleats 6:30am-8:00am Weightroom 8am-8:45am			

**"Hold the Rope!"**

All 9-12 grade players are expected to attend workouts as a team.



## Trojan Football Summer Calendar

July 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Weightroom Open 6am-9am	<b>2</b> OFF	<b>3</b>
<b>4</b>	<b>5</b> OFF	<b>6</b> OFF	<b>7</b> OFF	<b>8</b> OFF	<b>9</b> OFF	<b>10</b>
<b>11</b>	<b>12</b> Weightroom Open 6am-9am	<b>13</b> Weightroom Open 6am-9am	<b>14</b> Skill Work and Drills High School Football Field Practice - Need Cleats 6:30am-8:00am Weightroom 8am-8:45am	<b>15</b> Weightroom Open 6am-9am	<b>16</b> OFF	<b>17</b>
<b>18</b>	<b>19</b> Weightroom Open 6am-9am	<b>20</b> Weightroom Open 6am-9am	<b>21</b> Skill Work and Drills High School Football Field Practice - Need Cleats 6:30am-8:00am Weightroom 8am-8:45am	<b>22</b> Weightroom Open 6am-9am	<b>23</b> OFF	<b>24</b>
<b>25</b>	<b>26</b> Weightroom Open 6am-9am  Install Camp - 6pm-8pm High School Field	<b>27</b> Weightroom Open 6am-9am  Install Camp - 6pm-8pm High School Field	<b>28</b> Weightroom Open 6am-9am  Install Camp - 6pm-8pm High School Field	<b>29</b> Weightroom Open 6am-9am  Install Camp - 6pm-8pm High School Field	<b>30</b> OFF  Skill Work Wrap - Showcase TBA	<b>31</b>

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## Trojan Football Summer Calendar

August 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Equipment Checkout 8am (Srs) 4:30 Physicals - WHS 6:30 Eligibility and Meeting 7-12 6:30 FB Team Meeting 7-12 Impact Test	<b>10</b> Lift and Technique Work On Your Own	<b>11</b> Lift and Technique Work On Your Own	<b>12</b> Lift and Technique Work On Your Own	<b>13</b> Lift and Technique Work On Your Own	<b>14</b>
<b>15</b>	<b>16</b> First Day of Practice Team Meeting 8am	<b>17</b> Practice 8am	<b>18</b> Practice 8am	<b>19</b> Practice 8am	<b>20</b> Practice 8am	<b>21</b>
<b>22</b>	<b>23</b> Weightroom 6am Team Meeting 7am  Practice 3pm to 6:30pm	<b>24</b> Weightroom 6am Team Meeting 7am  Practice 3pm to 6:30pm	<b>25</b> Weightroom 6am Team Meeting 7am  Practice 3pm to 6:30pm	<b>26</b> Weightroom 6am Team Meeting 7am  Practice 3pm to 6:30pm	<b>27</b> Practice 5pm "Family Night"	<b>28</b> Scrimmage at Home
<b>29</b>	<b>30</b> School Starts  Practice 3pm	<b>31</b>				

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