

2010 RANGER FOOTBALL – SUMMER SCHEDULE –

EACH PLAYER WHO ATTENDS 19 LIFTING SESSIONS WILL RECEIVE A **19 DAYS OF PAIN** T-SHIRT!

- June 1-4 Testing (Bench, Squat, Dead lift, Power Clean)
- June 7 Morning Lifting 10:00 - 11:30
- June 9 Morning Lifting 10:00 - 11:30
- June 11 Morning Lifting 10:00 - 11:30
- June 12 Morning Lifting 10:00 - 11:30 (make-up day)
- June 14 Morning Lifting 10:00 - 11:30
- June 15-17 **Team Camp- installation of offense, defense, and special teams**
(9:00am - 1:00pm) on high school field
- June 18 Morning Lifting 10:00 - 11:30
- June 21 Morning Lifting 10:00 - 11:30
- June 23 Morning Lifting 10:00 - 11:30
- June 25 Morning Lifting 10:00 - 11:30
- June 26 Morning Lifting 10:00 - 11:30 (make up day)
- June 28 Morning Lifting 10:00 - 11:30
- June 30 Morning Lifting 10:00 - 11:30 **COMPETITION UNDER THE LIGHTS 9:00 -10:30PM**
- July 1 **7 on 7 / big man challenge @ Marion Franklin 6:00pm**
- July 2 Morning Lifting 10:00 - 11:30
- July 5 Morning Lifting 10:00 - 11:30
- July 7 Morning Lifting 10:00 - 11:30
- July 8 **Youth Camp 6:00 – 9:00pm**
- July 9 Morning Lifting 10:00 - 11:30, **Youth Camp 6:00 – 9:00pm**
- July 10 Morning Lifting 10:00 - 11:30 (make-up day)

- July 12 Morning Lifting 10:00 - 11:30
- July 14 Morning Lifting 10:00 - 11:30 **COMPETITION UNDER THE LIGHTS 9:00 -10:30PM**
- July 16 Morning Lifting 10:00 - 11:30
- July 17 Morning Lifting 10:00 - 11:30 (make-up day)
- July 19-23 **Team Camp 9:00 – 1:00 on high school field**
- July 26 Morning Lifting 10:00 - 11:30
- July 27 **7 on 7 / big man challenge @ Grove City Christian time- TBA**
- July 28 Morning Lifting 10:00 - 11:30
- July 30 Morning Lifting 10:00 - 11:30
- July 31 **MEET THE TEAM PICNIC @ Hamilton Meadows Park, paperwork due/parent meeting.**
- August 2-6 **Official Start of Practice 8:00 – 2:00pm**
- August 7 **10:00 – 12:00 Green vs. Gold scrimmage**