

FRESHMAN SUMMER BALL

THE SUMMER PROGRAM WILL CONSIST OF ON FIELD SKILLS AND DRILLS, CLASSROOM/CHALK-TALK SESSIONS, INTRODUCTION AND IMPLEMENTATION OF OUR SCHEMES, AND STRENGTH TRAINING IN THE IRONWOOD WEIGHT ROOM.

ATHLETES SHOULD WEAR SHORTS/JOGGERS, T-SHIRT AND ATHLETIC SHOES (CLEATS AND SNEAKERS. BRING YOUR OWN WATER.

IRONWOOD HIGH SCHOOL
6051 W. SWEETWATER AVE.
GLENDALE, AZ 85304

MONDAY - THURSDAY
4:30PM - 6:30PM
MAY 27TH - JULY 24TH
NO PRACTICE JUNE 30TH - JULY 6TH

\$30.00 PLEASE SCAN BARCODE BELOW TO REGISTER. SELECT IRONWOOD HIGH SCHOOL - SUMMER FOOTBALL WORKOUTS - FRESHMAN. YOU MAY ALSO SIGN UP IN PERSON AT THE IHS BOOKSTORE M-F 7AM-2PM.

PLEASE CONTACT COACH
STILLINGS WITH QUESTIONS:
LSTILLINGS@PUSD11.NET

