

WBMS FOOTBALL

Summer Schedule/ Information

- We will hold Strength and Conditioning sessions beginning June 21 on Tuesdays and Thursdays throughout the summer. We will begin our workouts at 4:30 sharp and will finish at 6 pm. Athletes should meet at the WBMS locker room (behind the school, near the softball field)
- Conditioning sessions are not mandatory but recommended for all football players
- At conditioning sessions, athletes must have tennis shoes (athletic shoes) for the weight lifting portion. Cleats are not required during the conditioning sessions. However, we will have on-the-field drills during most conditioning sessions and this will be a great time for the athlete to “break in” their cleats and will help with certain drills. All athletes will need cleats by August 1st.
- You MUST have a completed VHSL sports physical before attending strength and conditioning sessions, being issued equipment, and before practice begins. Not having your physical is NOT an excuse to miss practice. Turn your completed physical in to Coach Hill or Todd Kageals (Athletic Director)
- Please schedule all vacations before practice begins (August 1)
- Equipment will be issued during the final week of Strength and Conditioning (see Summer Calendar)
- The William Byrd Varsity coaching staff and booster club will hold a Terrier football camp June 27 and 30. All rising 7th graders are able to attend. See Coach Hill or Tammy Sheppard for details.
- If you know any other current 7th or 8th grade boys interested in playing football this season that have not signed up, please have them contact Coach Hill (ahill@rcs.k12.va.us) as soon as possible for contact information.
- As always, please let me know if you have any questions as the season approaches.

June

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8 Last Day of School	9	10	11
12	13	14	15	16	17	18
19	20	21 Summer Conditioning Begins 4:30-6	22	23 Conditioning 4:30-6	24	25
26	27 Terrier football camp *7 th grade may attend	28 Conditioning 4:30-6	29	30 Conditioning 4:30-6 ----- Terrier football camp		

July

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5 Conditioning 4:30-6	6	7 Conditioning 4:30-6	8	9
10	11	12 Conditioning 4:30-6	13	14 Conditioning 4:30-6	15	16
17	18	19 Conditioning 4:30-6	20	21 Conditioning 4:30-6	22	23
24	25	26 Conditioning 4:30-6 ----- Equipment Distribution: 5-7	27	28 Conditioning 4:30-6 ----- Equipment Distribution: 5-7	29	30

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August

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 First Practice! 8:00- 12:00	2 Practice 8:00- 12:00	3 Practice 8:00- 12:00	4 Practice 8:00- 12:00	5 Practice 8:00- 12:00	6 Practice TBD
7	8 Practice 8:00- 12:00	9 Practice 8:00- 12:00	10 Practice 8:00- 12:00	11 Orange (A) Team Scrimmage ALMS, PH, GW-D Salem Stadium 10:00 am <hr/> Practice 3:30-5	12 Practice 8:00- 12:00	13
14	15 White(B) Team Scrimmage vs ALMS Salem Stadium 4 pm	16 Practice 3:45-6	17 Practice 3:45-6	18 Game 1- Orange (A) Team @ Clifton MS 5:30	19 Practice 3:45-6	20

21	22 First Day of School ----- Practice 3:45-6	23 Practice 3:45-6	24 Practice 3:45-6	25 Practice 3:45-6	26 Practice 3:45-6	27
28	29 Game 1- White (B)Team @ Hidden Valley MS 5:00 ----- Orange Team Practice 3:45-6	30 Practice 3:45-6	31 Practice 3:45-6			