

Graham Football
Summer 2010

Strength and Conditioning

June 7 – July 15

Monday – Thursday

6:30 am – 7:30 am	crossfitt
7:30 am – 8:30 am	crossfitt
8:30 am - 9:30 am	crossfitt
6:30 pm – 8:30 pm	open wt. room

- Your participation in our summer strength and conditioning program is vital to the success of our team.

August 2 Two a days 7:00 am – 12:00 pm

August 14 1st Scrimmage