

# Warrior Football Camp

## FALL 2023 – 9<sup>th</sup> Grade



**WHERE:** Washington High School Weight Room and Practice Fields

**WHEN:** June 6<sup>th</sup> thru July 26<sup>th</sup> 9:00 am to 11:00 am Monday-Wednesday, Fri.

**WHAT:**

- \*STRENGTH TRAINING
- \*SPEED IMPROVEMENT & CHANGE OF DIRECTION DRILLS
- \*INSTALLATION OF THE WASHINGTON FOOTBALL SYSTEM
- \*INDIVIDUAL POSITION WORK
- \*PREPARE FOR THE 2023 SEASON

**COACHES:** Washington High School Freshman Football Staff

**COST:** \$0

**DRESS:** T-Shirt, Shorts, Football Cleats, Training Shoes for the weight room