

Warrior Football Camp

FALL 2023 – 10-12th Grade



WHERE: Washington High School Weight Room and Practice Fields

WHEN: June 6th thru July 26th 7:00 am to 9:00 am Monday-Thursday

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 Football Staff

COST: \$0

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