

SUSQUEHANNA TWP. INDIAN FOOTBALL

3500 Elmerton Avenue • Harrisburg, PA 17109 • (717) 657-5117 Ext 158 • Fax (717) 657-5146

Summer Strength and Conditioning Program

- We will start our summer program the first Monday following the last day of school. This program will continue the entire summer. Workouts are never cancelled due to bad weather

Time Schedule

6:30am	Team Speed and Conditioning work
7:00am	O-Line/D-Line/FB/TE (Big Skill) On the field for skill Dev. QB-WR-RB Weight Room
8:15am	QB-WR-RB- DB On the field for skill Dev. O-Line/D-line/TE/ FB Weight Room
9:30am	Workouts End

The weight room will be closed Monday July 5 to July 9, 2010

If you have a summer job you are expected to make arrangements to start your shift after weights on Workout days please encourage your sons to make the proper arrangements now.

Keep it R.E.A.L.
Responsibility Education Attitude Leadership

2010 INDIANS FOOTBALL VARSITY SUMMER SCHEDULE

OTA Organized Team Activities (BEGINS @ 5P.M. & ENDS @ 9 P.M.)

Monday	June 7-June 11	August 10 August 11 August 12
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STRENGTH & CONDITIONING (BEGINS @ 6:30 A.M. & ENDS @ 9:30 A.M.)

		Monday	July 12
Tuesday	June 1		
Wednesday	June 2	Tuesday	July 13
Thursday	June 3	Thursday	July 15
Monday	June 14	Monday	July 19
Tuesday	June 15		
Wednesday	June 16	Tuesday	July 20
Thursday	June 17	Thursday	July 22
Monday	June 21	Monday	July 26
Tuesday	June 22		
Wednesday	June 23	Tuesday	July 27 <small>Team Combine</small>
Thursday	June 24	Thursday	July 29 <small>Team Combine</small>
Monday	June 28	Monday	August 2
Tuesday	June 29	Tuesday	August 3
Wednesday	June 30	Thursday	August 5
Thursday	July 1		

Monday *August 16 – 1st Day of practice*

TEAM PRACTICE (BEGINS @ 6 P.M. & ENDS @ 8 P.M.)

Wednesday	June 23	Wednesday	July 21
Wednesday	June 30	Wednesday	July 28
Wednesday	July 7 (TBA)	Wednesday	August 4
Wednesday	July 14		

