



## **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	O-Line/D-Line	On the field for skill development
	QB-WR-RB-TE/ LB-DB	Weight Room
7:45am	QB-WR-RB-TE/ LB-DB	On the field for skill development
	O-Line/D-line	Weight Room
9:00am	Team Speed and Conditioning work	
9:30am	Workouts End	

The weight room will be closed Monday July 6<sup>th</sup> to Friday July 10<sup>th</sup>

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***

**2009 INDIANS FOOTBALL VARSITY SUMMER SCHEDULE**

**OTA Organized Team Activities (BEGINS @ 6P.M. & ENDS @ 8 P.M.)**

Tuesday	June 9	August 10
Wednesday	June 10	August 11
Thursday	June 11	August 12

**STRENGTH & CONDITIONING (BEGINS @ 6:30 A.M. & ENDS @ 9:30 A.M.)**

Monday	June 8	Monday	July 13
Tuesday	June 9		
Wednesday	June 10	Tuesday	July 14
Thursday	June 11	Thursday	July 16
Monday	June 15	Monday	July 21
Tuesday	June 16		
Wednesday	June 17	Tuesday	July 22
Thursday	June 18	Thursday	July 23
Monday	June 22	Monday	August 3
Tuesday	June 23		
Wednesday	June 24	Tuesday	August 4 Team Combine
Thursday	June 25	Thursday	August 6 Team Combine
Monday	June 29		
Tuesday	June 30		
Wednesday	July 1		
Thursday	July 2		
Monday	<i>August 17 – 1<sup>st</sup> Day of practice</i>		

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

Thursday	June 19	Thursday	July 23
Thursday	June 26	Thursday	July 30
Thursday	July 2	Thursday	August 2
Thursday	July 16		

## 7 ON 7

Monday	June 1	@ Cedar Cliff	3:30pm	7 on 7
Tuesday	June 3	Carlisle	6:00pm	7 on 7 Inside Drills
Wednesday	June 4	@ Coatesville	2:00pm	7 on 7 Inside Drills
Saturday	June 13	@ PSU	6:45	Passing Camp
Tuesday	June 25	Coatesville	6pm	7 on 7 Inside Drills
Thursday	July 23	CD East	5pm	

### **Team Camp**

Fri	July 10	Saturday	July 11
Sunday	July 12		

## PHYSICALS

Wednesday June 3 After early dismissal

## IMPACT TESTING

TBA