

Eagle Summer Sports 7th/8th

Football Program 2019



Dates: **June 10-July 24** Mondays, Wednesdays, and Thursdays (4 Tuesdays)
August 10th, 11th, 12th 13th from 4 to 5
You do not have to be able to make every date in order to enroll. Come when you can.

Time: 9:00-10:30 am

Location: Eisenhower Practice Field (Located on Northwest side of school) & Gym

Cost: **\$50.00** This will include an **EMS Football T-shirt**, these will be the same shirts the boys wear on game days.
Make checks payable to **Eric Altevogt**

What: The program focuses on speed, strength, and agility drills. Our goal is to work as a team to increase our speed and strength. We will also be focusing on football fundamentals and play work.

Needs: Any type of rubber cleat, shorts, t-shirt

Staff: Athletes will receive training from 4 Eisenhower Football Coaches

Enroll: Cut off the bottom of this form and return to Coach Altevogt no later than **May 25th**. Incoming 7th graders you can mail this form back to

Eisenhower Middle School Attn: Eric Altevogt
800 Walters Drive
Manhattan, KS 66502

This training program was implemented for the first time 8 years ago and proved to be very beneficial for the team. It not only prepared the athletes for the start of the football season, it took their ability level beyond anything we had experienced before.

Please call Eric Altevogt at 587-2880 or E-mail erica@usd383.org with any questions you might have.

Student Name: _____ Parent Name: _____

Home Phone: _____ Cell Phone: _____ Parent Email: _____

T-shirt size

Circle one (adult sizes)

Small

Medium

Large

Extra Large

I hereby consent that my minor child named above may participate in the Eagle Summer Sports Training Program, June 10-July 24, 2019, at Eisenhower Middle School, Manhattan, Kansas. I further state that I hereby release the Eagle Sports Conditioning Program, its agents, and coaches from any claim that said player might have, or others might have, and for any injury that they might sustain during participation in any activity.

Parent Signature: _____ Date: _____

Return this form no later than **May 25th**

2019 Eisenhower Eagle Summer Workout Schedule

<u>Day</u>	<u>Date</u>	<u>Activity</u>	<u>Time</u>
Monday	June 10 th	Workout	9:00-10:30
Wednesday	June 12 th	Workout	9:00-10:30
Thursday	June 13 th	Workout	9:00-10:30
Monday	June 17 th	Workout	9:00-10:30
Tuesday	June 18 th	Workout	9:00-10:30
Wednesday	June 19 th	Workout	9:00-10:30
Thursday	June 20 th	Workout	9:00-10:30
Monday	June 24 th	Workout	9:00-10:30
Tuesday	June 25 th	Workout	9:00-10:30
Wednesday	June 26 th	Workout	9:00-10:30
Thursday	July 27 th	Workout	9:00-10:30
Monday	July 1 st	NO WORKOUT	New to 2019 KSHSAA Dead Week
Tuesday	July 2 nd	NO WORKOUT	
Wednesday	July 3 rd	NO WORKOUT	
Thursday	July 4 th	NO WORKOUT	
Monday	July 8 th	Workout	9:00-10:30
Tuesday	July 9 th	Workout	9:00-10:30
Wednesday	July 10 th	Workout	9:00-10:30
Thursday	July 11 th	Workout	9:00-10:30
Monday	July 15 th	Workout	9:00-10:30
Wednesday	July 17 th	Workout	9:00-10:30
Monday	July 22 nd	Workout	9:00-10:30
Wednesday	July 24 th	Workout	9:00-10:30
Tuesday	August 13 th	Workout	4:00-5:00
Wednesday	August 14 th	Workout	4:00-5:00
Thursday	August 15 th	Workout	3:00-4:00
Friday	August 16 th	Workout	3:00-4:00
Thursday	August 15th	Pad Checkout 8th grade	3:00-4:00
Friday	August 16th	Pad Checkout 7th grade	3:00-4:00
You must have <u>Manhattan Middle School Athletic packet</u> filled out before you can Checkout pads.			
Monday	August 19th	1st day of Football Practice	3:00-5:45