



Plainfield South Cougars Football  
Conference Champions: 2006  
State Playoffs: 2006, 2010, 2011, 2013, 2015, 2018

## **Off Season and Summer Info – 2019**

The following information gives a tentative outline of events for this year. Please use this information for planning work schedules, vacations, doctor's appointments, etc. Your attendance is crucial to our success. This will also give you an opportunity to develop a valuable skill: planning and budgeting your time. Remember our one rule: BE PRESENT

### **Off Season Workouts:**

*Monday-Thursday:* 2:30-4:00. Workouts will be a combination of lifting, core work and speed work. Make it your goal to make 100% of workouts.

*Friday:* Open lift. This is a day to work on your beach muscles – arms, chest, etc. We will have themes (Jersey day, Beach day, etc.) and want to have a fun atmosphere. This is also a day to make up any lifts that you miss.

*Open Gyms:* This year we are going to try and have open gyms on the field. Most likely after lifting on either Monday, Wednesday or Thursday.

### **Summer Camp (Tentative):**

Session 1: June 3<sup>rd</sup> - June 20<sup>th</sup> Monday-Thursday. 8:00 a.m. - 11:00 a.m.

Session 2: July 22<sup>nd</sup> – August 2<sup>nd</sup> Monday-Friday. 9:30 a.m. – 4:30 p.m.