

BUNA FOOTBALL SUMMER WORKOUTS



WHAT: SUMMER STRENGTH AND CONDITIONING WORKOUTS
SPORT SPECIFIC TRAINING

WHERE: HIGH SCHOOL WEIGHT ROOM / PRACTICE FOOTBALL
FIELD

WHEN: MONDAY - THURSDAY

- JUNE 7-10
- JUNE 14-17
- JUNE 21-24
- JUNE 28- JULY 1
- JULY 5-8
- JULY 12-15

VARSITY FOOTBALL 9:00-11:15

JV / FRESHMEN 9:45 - 11:15