



2024 PAOLA MS PANTHER FOOTBALL

CAMP 7-8: JULY 15-17

TIME: 7AM-8:30AM

COST \$30, includes instruction, insurance.

Optional \$45 total to include Camp T-shirt.

Sign up on our school website or [click here](#).

STRENGTH & CONDITIONING:

STARTS: Tuesday June 4th @ High School

Ends: August 1st

PHS SESSION #1- 7AM-8AM

PHS SESSION #2- 8AM-9AM

PHS SESSION #3- 9AM-10AM

PMS SESSION #4- 10AM-11AM- MS Time

COST \$25 (BRING FIRST WEEK OF WEIGHTS)

INSTALL GROUPME IN THE APP STORE:



This is where you will get announcements about future instructions, practices, games, Etc. Parents please join this as well. Use the QR Code or email Coach T.



DEAD WEEK: JULY 1st-5th NO WEIGHTS

Have physical and insurance turned into office prior to Aug. 9th.