

Summer Workouts

Summer Workout Program- In an effort to condition student-athletes and to build team camaraderie for next year's sports seasons, rising 7th through 12th grade students who intend to participate in athletics must complete a summer workout program outlined and conducted by the coaching staff in order to be eligible. Both male and female athletes at the varsity as well as the JV level will be expected to complete the summer workout program. This program will require a specified number of workouts. See information below to clarify details concerning the summer workout program.

- students are permitted 3 workouts per week unless they need to make up one they missed. No more than 4 workouts per week are allowed. Make-ups need to be scheduled with each athlete's individual coach.
- Varsity (10-12) athletes must complete 18 workouts in order to participate in any sport.
- Junior Varsity (7-9) athletes must complete 15 workouts in order to participate in any sport.
- New students enrolling will have workouts "prorated" according to enrollment date.
- Camps may count as workouts but will be evaluated on a "case by case" basis.
- Outside camps will only count as workouts if the student misses a workout to attend the camp. For example, if your athlete goes to a baseball camp from Monday-Thursday, we will count Tuesday, Wednesday and Thursday only because Monday is not a day we work out here at FDA.
- FDA camps that are held on our campus will start after the workouts are done for the day so the athletes will be required to attend workouts before going to camp.

7-12 Grade Boys will lift from 7:00am - 8:00am

Football will condition/practice from 8:00am - 9:00am

7-12 Grade Girls will lift from 8:00am - 9:00am

Volleyball and Cheerleading will condition/practice from 9:00am - Until

Physicals for all athletes in grades 6-11 will take place on campus May 1st and 2nd from 1PM-3PM. We will send packets home to be filled out by parents the week prior. There is no charge for these physicals. If you are not a patient of Dr. Slagley and would prefer to use your physician, you are still required to have the proper documents completed prior to beginning the summer workout program.

Fall sports picture day will be Thursday August 3.