



1100 Gamble Street
Greenville, Alabama 36037

(334) 382-2606
www.fortdale.com

Dear Fort Dale Family,

Below is information about the summer workout program, along with other important details. The coaching staff believes that summer workouts will be essential for the development of our student-athletes, aiding in injury prevention, boosting both individual and team motivation, and strengthening team chemistry. While perfect daily attendance to summer workouts is not mandatory, it is strongly encouraged to help maximize personal progress and development.

1. Communication:

- o Communication between athletes and coaches is crucial in building a culture of excellence. If a student-athlete knows they will miss a workout, it is far more beneficial to inform the coaches beforehand rather than after the fact. Proactive communication helps maintain accountability and ensures a smoother process for everyone involved.

2. Workout Requirements for FDA athletic eligibility:

- o **Varsity Athletes (Grades 10-12):** 18 total workouts
- o **Junior Varsity Athletes (Grades 7-9):** 15 total workouts

3. Workout Schedule:

- o **Tuesdays, Wednesdays, Thursdays**
 - 7th - 12th Grade Boys 7:00 am – 9:00 am
 - 7th - 12th Grade Girls 8:00 am – 10:00 am

4. Additional Information:

- o **"Dead Week":** No scheduled workouts.
- o **Athletic Camps:** Athletic camps may count as workouts but will be evaluated on an individual basis and will only count if they cause the athlete to miss a Fort Dale workout time.

5. Physicals:

- o **April 29th & 30th at 1:30**
 - Physicals at FDA; Free of charge
- o **Required Documentation**
 - Forms will be sent home before physicals and are available on the school website, under athletics
 - Outside physician physicals are also accepted with the proper paperwork.

6. Fall Sports Picture Day:

- o **Tuesday, August 5th**
 - Make accommodations to attend for athletes in fall sports; Details will be sent out at a later date.

7. Youth Camps:

- o We encourage our older student-athletes to help with youth camps for the sport they participate in. This gives them a chance to give back to younger athletes and build meaningful connections with children of all ages within our close-knit, family-oriented school community.

8. Updates:

- o Please check the FDA website, your email, or social media for any changes to the calendar, workouts or any other information.

If any questions or concerns arise, feel free to contact any of the coaching staff.

Sincerely,

Coach Watts
(334) 479- 6423

Accredited by
Southern Association of Colleges and Schools
Alabama Independent School Association

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		April 29 -Baseball Playoffs Third Round -Athletic Physicals 2:00 at FDA	April 30 -Baseball Playoffs Third round -Athletic Physicals 2:00 at FDA	1 -State Softball	2 -State Softball	3 -State Softball
4	5 -State Golf -Football Spring Training	6 -State Golf -Football Spring Training	7 -State Baseball -Football Spring Training	8 -State Baseball	9 -State Sporting Clays	10
11	12 -JV Basketball Tryouts Girls- 3:30 Boys- 5:00	13 -Football Spring Training	14 -Football Spring Training	15 -Football Spring Training	16 -Possible Football Spring Game	17
18	19	20 -Final Exams	21 -Final Exams	22 -Final Exams	23 -Teacher in Service	24
25	26 -Dead Week	27 -Dead Week -Coaches Convention	28 -Dead Week -Coaches Convention	29 -Dead Week	30 -Dead Week	31

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 -Summer Workouts	4 -Summer Workouts	5 -Summer Workouts	6	7
8	9 -JV Boys Basketball Team Camp @ Huntingdon	10 -Summer Workouts -Youth Basketball Camp	11 -Summer Workouts -Youth Basketball Camp	12 Summer Workouts -Youth Basketball Camp	13 -Boys Basketball Team Camp @ Huntingdon	14
15	16 -Girls Basketball Team Camp @ Huntingdon -AISA Cheer Camp	17 -Summer Workouts -Football 7 on 7 @ Samford U -AISA Cheer Camp	18 -Summer Workouts -AISA Cheer Camp	19 -Summer Workouts - AISA Cheer Camp, V. Fball will attend.	20	21
22	23	24 -Summer Workouts -Youth Baseball Camp -Youth Volleyball Camp	25 -Summer Workouts -Youth Baseball Camp -Youth Volleyball Camp	26 -Summer Workouts -Youth Baseball Camp -Youth Volleyball Camp	27	28
29	30 -Dead Week					

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 -Dead Week	2 -Dead Week	3 -Dead Week	4 -Dead Week	5
6	7	8 -Summer Workouts	9 -Summer Workouts	10 -Summer Workouts	11	12
13	14	15 -Summer Workouts -Tennis Camp	16 -Summer Workouts -Tennis Camp	17 -Summer Workouts -Tennis Camp	18	19
20	21	22 -Summer Workouts	23 -Summer Workouts	24 -Summer Workouts	25	26
27	28	29 -Summer Workouts -Youth Football Camp	30 -Summer Workouts -Youth Football Camp	31 -Summer Workouts -Youth Football Camp		

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 -V. Football Practice	5 - Fall Sports Pictures -V. Football Practice	6 -V. Football Practice	7 -V. Football Practice	8 -V. Football Practice	9
10	11 -JV/V Football Practice	12 -JV/V Football Practice	13 -JV/V Football Practice	14 -JV/V Football Practice	15 -Possible V. Football Scrimmage	16
17	18 -JV/V Football Practice	19 -JV/V Football Practice	20 -JV/V Football Practice	21 -JV/V Football Practice	22 -Possible V. Football Game	23
24	25 -JV/V Football Practice	26 -JV/V Football Practice	27 -JV/V Football Practice	28 -JV/V Football Practice	29 -Possible V. Football Game	30