Good morning,

Please see below for information regarding our summer calendar for athletics and summer workouts:

Fort Dale Athletics strives to make the weight room a priority. A major part of that is our summer workout program. This program is essential to the mental and physical development of our student-athletes as well as building togetherness and camaraderie in our teams. As such, in order to participate in athletics at FDA our student-athletes are required to attend a certain number of workouts each summer. **VARSITY ATHLETES (10-12) ARE REQUIRED TO COMPLETE 18 WORKOUTS. JUNIOR VARSITY (7-9) ATHLETES ARE REQUIRED TO COMPLETE 15 WORKOUTS.** Below you will you find the daily schedule along with the parameters that our student-athletes need to meet this summer:

Schedule
Workouts are scheduled on Tuesday, Wednesday, and Thursday mornings throughout the summer and are conducted by the FDA coaching staff.
- 7-12 grade boys will lift/condition from 7AM - 8AM
- 7-12 grade football players will practice from 8AM - 9AM
- 7-12 grade girls will lift/condition from 8AM - 9AM
- Volleyball and Cheerleaders will practice from 9AM - Until (Coaches will confirm this time at a later date)

Other Info
- Make up workouts will be scheduled on an individual basis with the athlete's coach. "Open Gym" on Monday's and Fridays are not guaranteed.
- Athletes will not be allowed to count more than 4 workouts in a week. For example, an athlete will not be able to attend workouts Tuesday-Thursday and schedule a make-up Monday and Friday and count 5 workouts in one week.
- To try and promote attendance during normal workout days we have added 3rd "Dead Week" this summer noted on the calendar. There will be no scheduled workouts during these weeks. Make ups may still be scheduled depending on coaches' availability.
- 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.

Physicals
Physicals for all athletes that are currently in 3rd - 11th grades will take place on campus May 6th and 7th beginning at 1:30. These physicals are provided free of charge. We will send packets home to be filled out by parents the week prior. If you would prefer to use your physician, you are still required to have the proper documents completed prior to beginning the summer workout program on June 4.

Fall sports picture day will be Monday August 5. If you have an athlete participating in fall sports, please make accommodations to be present on this day.

This calendar is subject to change. Please check the FDA website for updated versions. If you have any questions or concerns, please do not hesitate to contact us.

Go Eagles,

Eric Folmar
Athletic Director/Head Football Coach
Fort Dale Academy
Cell - (334) 717-0205

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 - BB SEMI-FINALS	2 - BB SEMI-FINALS	3 - SB STATE	4 - SB STATE
5	6 - SPRING FOOTBALL - 7-9 SPORTS PHYSICALS 1:30	7 - BB STATE - SPRING FOOTBALL - 10-12 SPORTS PHYSICALS 1:30	8 - BB STATE - SPRING FOOTBALL	9 - BB STATE - SPRING FOOTBALL - VOLLEYBALL TRYOUTS	10 - FIELD DAY	11
12	13 - SPRING FOOTBALL	14 - SPRING FOOTBALL	15 - SPRING FOOTBALL	16 - SPRING FOOTBALL	17	18
19	20	21 - EXAMS	22 - EXAMS	23 - EXAMS - GRADUATION	24	25
26	27 - DEAD WEEK	28 - DEAD WEEK - AISA COACHES CONVENTION	29 - DEAD WEEK - AISA COACHES CONVENTION	30 - DEAD WEEK	31 - DEAD WEEK	

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 - WORKOUTS - YOUTH BKB CAMP	5 - WORKOUTS - YOUTH BKB CAMP	6 - WORKOUTS - YOUTH BKB CAMP	7	8
9	10	11 - WORKOUTS	12 - WORKOUTS	13 - WORKOUTS	14 - FDA BASKETBALL PLAYDATE	15
16	17 - AISA CHEER CAMP	18 - WORKOUTS - AISA CHEER CAMP	19 - WORKOUTS - AISA CHEER CAMP	20 - WORKOUTS - AISA CHEER CAMP *** VARSITY FOOTBALL PLAYERS WILL ATTEND	21	22
23	24	25 - WORKOUTS - YOUTH VB CAMP - YOUTH FB CAMP	26 - WORKOUTS - YOUTH VB CAMP - YOUTH FB CAMP	27 - WORKOUTS - YOUTH VB CAMP - YOUTH FB CAMP	28	29
30						

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 - DEAD WEEK	**2** - DEAD WEEK	**3** - DEAD WEEK	**4** - DEAD WEEK	**5** - DEAD WEEK	**6**
7	**8**	**9** - WORKOUTS	**10** - WORKOUTS	**11** - WORKOUTS	**12**	**13**
14	**15** - TENNIS CAMP	**16** - WORKOUTS - TENNIS CAMP	**17** - WORKOUTS - TENNIS CAMP	**18** - WORKOUTS	**19**	**20**
21	**22**	**23** - WORKOUTS - POWERLIFTING MEET @ CCA	**24** - WORKOUTS	**25** - WORKOUTS	**26**	**27**
28	**29** - DEAD WEEK	**30** - DEAD WEEK	**31** - DEAD WEEK			

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 - DEAD WEEK	**2** - DEAD WEEK	**3**
4	**5** - VFB PRACTICE - FALL SPORTS PICTURE DAY	**6** - VFB PRACTICE - TEACHER IN-SERVICE	**7** - VFB PRACTICE - 1ST DAY OF SCHOOL	**8** - VFB PRACTICE	**9** - VFB PRACTICE - BACK TO SCHOOL BASH	**10**
11	**12** - V/JV FB PRACTICE	**13** - V/JV FB PRACTICE	**14** - V/JV FB PRACTICE	**15** - V/JV FB PRACTICE	**16** - VFB SCRIMMAGE TBD	**17**
18	**19**	**20** - V/JV FB DECALS WITH DADS/MOMS LOCKER ROOM MAKEOVER	**21**	**22**	**23** - VFB VS. CCA	**24**
25	**26**	**27** - PW/JV FB VS. SNOOK	**28**	**29**	**30** - VFB VS. CHAMBERS	**31**

UPDATED: 5/14/2024