



# **8<sup>TH</sup> GRADE FOOTBALL WEIGHT TRAINING**

**When:** Monday, Wednesday, and  
Thursday

**Who:** Players

**Time:** 6:45am – 7:50am

**Where:** Weight Room (EHS)

**\*\*\*There will be a bus to bring all the middle school player from the high school to the middle school (Bring towel and change of clothes)\*\*\***