



SUMMER WORKOUTS 2018

SUMMER WORKOUTS BEGIN ON JUNE 13th

All summer workouts will be from 8-11am

Players must have a current physical and be eligible to participate.

Be on time! Come with a great ATTITUDE and prepared to WORK HARD!

Wear proper workout attire. Bring cleats and athletic shoes.

Workouts will consist of agilities, weight lifting, and skill development.

Important Dates:

FCA Team Camp@ UNCC will be June 18-20 for VARSITY ONLY.

There will be NO workouts the week of July 2-7, and July 16-21.

Run and workout on your own these weeks.

First day of practice is July 30. Practice is MANDATORY beginning July 30.

PERFECT STORM – There are only 15 days of summer workouts.

Players can only miss 1 day to get Perfect Storm = T-Shirt, Picture
in weight room, and helmet award stickers.

Please call or email Coach McMillan if there are any questions or concerns.

704.689.8433 cell bamcmillar@gaston.k12.nc.us

Stuart Cramer Football July 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Dead Period No Workouts this Week July 4th	3	4	5	6	7
8	9 Summer Workouts 8-11 am	10 Summer Workouts 8-11 am	11 Summer Workouts 8-11 am	12 Summer Workouts 8-11 am	13	14
15	16 Dead Period No Workouts this week NC Coach Clinic	17	18	19	20	21
22	23 Summer Workouts 8-11 am	24 Summer Workouts 8-11 am	25 Summer Workouts 8-11 am	26 Summer Workouts 8-11 am	27	28
29	30 Official Practice Begins 8-11 am	31 Practice # 2 8-11 am				

Stuart Cramer Football May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*You MUST have a current physical to participate in spring practice/workouts**		1 Skill Development 3:15-4:45	2 Train To Reign 3:10 - 4:15	3 Train To Reign 3:10 - 4:15	4	5
6	7 Spring Practice 3:30-5	8 Spring Practice 3:30-5	9 Spring Practice 3:30-5	10 Spring Practice 3:30-5	11 *Make Up Day for Spring Practice if needed*	12
13	14 Spring Practice 3:30-5	15 Spring Practice 3:30-5	16 Spring Practice 3:30-5	17 Spring Practice 3:30-5	18 *Make Up Day for Spring Practice if needed*	19
20	21 Spring Practice 3:30-5	22 Spring Practice 3:30-5	23 Spring Practice 3:30-5	24 Spring Practice 3:30-5	25	26
27	28 Memorial Day	29 *Make Up Day for Spring Practice if needed*	30	31 EXAMS		

Spring Practice - Players must have a current physical and be eligible to participate