

OHS Trojan Football

- **Current Strength Program** is taking place on Mondays, Tuesdays, and Wednesdays from 3:00 – 4:30 pm, and Thursdays from 1:30 - 3:00pm. Sessions will be held in the OHS Weight Room.
- **Mandatory Parent/ Player Meeting** will be 6:00-7:00pm on Monday May 22nd at the O.H.S Forum. We will be handing out information about our upcoming season.
- **Football Gear** will be issued to players on Saturday May 27th from 9:00am to 12:00 pm at the OHS Boys Locker Room.
- **Spring Football** is drawing near. The first day of Spring Football will be Monday May 29th at 3:00 p.m. To participate, athletes must submit the eligibility paperwork prior to Wednesday May 24th. All required eligibility paperwork can be found at the OHS offices or on the OHS Athletics link via the school website <http://olhs.cksd.wednet.edu>. All current students (8th – 11th grades) intending to play Football in the Fall as a 9th, 10th, 11th or 12th grader, are expected to participate in Spring Football. Practices will run from 3:00 – 6:30pm from May 29th thru June 2nd, and June 5th thru 9th.
- **Summer Strength/Speed Program** will begin on Monday June 19th. And will run every week Mondays thru Thursdays from 5 - 6:30pm till the end of July at the OHS Weight Room. All prospective Football players are expected to attend.
- **Summer Football Camp** is scheduled for July 17-21 from 5:00-8:30pm. And July 22nd from 9am-12pm. Practices will be held at Olympic High School.
- **Mandatory Fall Practices** will begin on August 16th. Practice schedule will be held on these dates and times. August 16th – 18th from 4:30-8:00pm, August 19th from 9am-1:00pm, August 21st - 25th from 4:30-8:00pm. We will have a team Scrimmage/BBQ on Saturday August 26th from 10am-2pm. Scrimmage will start at 11am. August 28th – 31st practice is from 3pm-6pm. Please remember that to be eligible for the first game you must participate in at least 12 practices. First varsity game is on September 1st.
- If you have any questions about OHS Athletics, eligibility or Freshmen participation in OHS Athletics, please contact Athletic Director, Nate Andrews at 360-662-2711 or NATEA@ckschools.org

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(all dates and times are subject to change)