



# HOW TO GET STARTED IN WESLEYAN FOOTBALL

## Welcome New Students

*Please also see the related document “Important Dates for Wesleyans Football in 2008”*

Students who plan to enroll at Wesleyan in the fall of 2008 are welcome to begin summer activities with our program once the current school year has ended on Friday May 23, 2008.

The first opportunity to do that will be on June 2, 2008 when we begin another summer of Wesleyan’s Speed and Strength Camp that will run daily (Monday-Thursday) until August with the exception of the first two weeks in July when the campus will be closed. The camp is staffed by our partners from Performance Training and many Wesleyan coaches. There are two “sessions” a day; first from 8-10am then from 10am-noon. Each session begins in the Yancey Gym weight room.

### FOR MIDDLE SCHOOL PLAYERS (Grades 7-8):

You are invited to attend Speed and Strength Camp each day (Mon-Thurs) from 10am to noon. The exercises and approach during this session are more tailored to the needs and abilities of the middle school athlete.

### FOR HIGH SCHOOL PLAYERS (Grades 9-12):

You are invited to train from 8am to 10am daily with extra, football-specific workouts each Tuesday and Thursday from 10-11am. The workout routine features one hour of speed and agility drills and one hour of power weight lifting in several core muscle areas. The Tuesday-Thursday extra workouts from 10-11am are position-specific football drills administered by the varsity and JV football coaches.

Also, beginning July 14<sup>th</sup> after work-outs we will have 7-on-7 practices on the Lake Fields as we prepare to take the varsity to Passing Camp at Presbyterian College July 18-20, 2008. All skill players in grades 10-12 are invited to attend both the practices and passing camp. Some 9<sup>th</sup> graders may be invited as well.

**The expectation is that if a player is in town then he should be at Speed and Strength workouts.**

### OFFICIAL SUMMER PRACTICE:

- Begins on July 30, 2008 for all players in grades 10-12 (and perhaps some invited 9<sup>th</sup> graders).
- Begins on August 13, 2008 for all middle school players and 9<sup>th</sup> graders.