

2022 SUMMER WORKOUT SCHEDULE

MABANK ISD

JUNE 6-9

WORKOUT 7:30- 9:00AM

Get with personal coach for skill work

JULY 4-7

OFF

JUNE 13-16

WORKOUT 7:30- 9:00AM

Get with personal coach for skill work

JULY 11-14

WEIGHTROOM OPEN FOR ALL 5:00- 6:30PM

MON, TUES, WED 6:30-8:00PM HS & JH FOOTBALL

THURS 6:30-8:00PM JH FOOTBALL

JUNE 20-23

WORKOUT 7:30- 9:00AM

Get with personal coach for skill work

JULY 18-21

WEIGHTROOM OPEN FOR ALL MON-THURS 5:00- 6:30PM

WED AND THURS 6:30-8:00PM HS & JH FOOTBALL

WED, THUR, FRI Football Camp Grades 4-6 8:30-10:00AM

WED, THUR, FRI Football Camp Grades 7-9 10:00-11:30AM

JUNE 27-30

WORKOUT 7:30- 9:00AM

Get with personal coach for skill work

JULY 25-28

WEIGHTROOM OPEN FOR ALL 7:30-9:00AM

Workouts are available to all students grades 7-12

For more information please contact Coach Slade raslade@mabankisd.net