

2011 HERITAGE HAWKS FOOTBALL

There are 35 possible times to lift and condition. I am setting the mandatory number at 22. We will be following the BFS; Bigger Faster Stronger, strength and conditioning program for all our athletes. I understand there are summer commitments such as other sports, vacations, etc. That is why I will count summer baseball games, basketball games/practices, and 7v7's as conditioning days. Awards will be given for Hawks who put in extra work or anything past 22 lifts. To compete in 2011 we have to work. Be Somebody.

June 6 - 10 - MWF = 9:00 - 10:30
T, Th = 5:00 - 7:00

June 13 - 17 - MWF = 9:00 - 10:30
T, Th = 5:00 - 7:00

June 20 - 24 - MWF = 9:00 - 10:30
T, Th = 5:00 - 7:00

June 27 - July 1 - MWF = 9:00 - 10:30
T, Th = 5:00 - 7:00

July 4 - July 5 - off

July 6 - July 8 - Make up days - WF = 9:00 - 10:30
Th = 5:00 - 7:00

July 11 - July 15 - MWF = 9:00 - 10:30
T, Th = 5:00 - 7:00
(I will be at the GISA coaching clinic 12th- 14th, but a coach will be in weightroom)

July 18, 20, 22 = 9:00 - 10:30

July 19, 21 = 7 v 7 passing league TBA

July 25, 27, 29 = 9:00 - 10:30

July 26, 28 = 7 v 7 passing league TBA

July 31 – Leave for football camp at Georgia Southwestern University in Americus

August 4 – Return from camp

August 5 – off (or practice at 3:30 to the coaching staff's discretion)

August 8 – August 10 = 9:00 – 10:30

August 11 – Practice w/ Trinity @ home (time TBA)

August 12 – 9:00 – 10:30

August 15 – 17 = 3:30 – 4:30 lift
4:45 – 6:00 practice

August 18 = first day of school 3:30 practice

August 19 = Scrimmage @ Griffin Christian or Hancock Kickoff Classic

SCHEDULE

August 26th vs. Dawson Street

September 2nd vs. Holy Spirit

September 9th vs. Mount Vernon

September 16th @ Central Fellowship or Trinity

September 23rd vs. Valwood

September 30th @ Flint River

October 7th Off

October 14th vs. Harvester

October 21st @ Southwest Georgia

October 28th vs. Brookwood

November 4th @ Arlington

November 11th vs. 1st Round

November 18th vs. Final 4

November 25th vs. State Championship

(The parents will need to decide if they want practice on Thanksgiving to be in the morning or evening..... If you practice on Thanksgiving it's a great thing.)

Each Monday starting on August 22nd we will have a “Hawk Family Social”. This will take place in the cafeteria at 6:30 pm. This is a covered dish dinner for the families of each player/coach/supporter. Each family is asked to bring a covered dish or dessert. We will eat, watch the film from the previous week, give out stats, awards, give a preview of the upcoming opponent and take questions. This is a great time for the Hawk family to fellowship, grow closer together and show support for the program.