



GULF HIGH SCHOOL FOOTBALL
5355 SCHOOL ROAD
DEERPORT RICHIEY, FLORIDA 34652

HEAD COACH, TOM CARTER
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2012 SUMMER WORKOUT SCHEDULE

THE WEIGHTROOM WILL BE OPEN STARTING JUNE 11TH. LIFTING AND CONDITIONING WILL BE FROM 8 AM TO 10 AM. FROM 10 AM TO 11 AM WE WILL BE WORKING ON POSITION SPECIFIC DRILLS AND MECHANICS. YOU WILL BE RESPONSIBLE TO COMPLETE YOUR LIFTS AND CONDITIONING WITHIN THE 2 HOUR PERIOD.

THE WEIGHTROOM WILL BE OPEN DURING THE FOLLOWING WEEKS:

JUNE 11 – 14	JUNE 18 – 21	JUNE 25 – 28	JULY 9 – 12
JULY 16 – 19	JULY 23 – 26	JULY 30 – AUGUST 2	

THIS WILL CARRY US TO AUGUST 6TH WHICH WILL BE OUR FIRST DAY OF OFFICIAL PRACTICE. IT IS SO IMPORTANT THAT YOU ARE HERE PREPARING YOURSELF.

REMEMBER THAT WHEN YOU ARE NOT HERE AND GETTING BETTER, YOUR OPPONENT IS.