Attention all Parents and Players!!

Starting March 6th the football program will begin after school workouts for the rising 9th grade class and those returning players who are not currently enrolled in Coach Allen’s classes. The workouts will be from 4-5 pm Monday – Thursday.  We encourage all rising 9th grade football prospects that are not involved in a spring sport to attend these work outs. Strength and conditioning training are critical for the safety and the success of every athlete. Our focus will be on safety and proper procedures within the weight room and emphasis on performing each exercise correctly. It is our goal to build confidence and comradery within our football family through training and growing together.

We have had great success in the weight room this off-season with the returning players for the upcoming 2017 season. Games are won long before the lights come on in August. Our players understand that, and are putting the work in to increase their chances for success.

--

Joyce Burgess

Secretary Falcon Football 2016