



## **Summer 2026 Paola MS FOOTBALL**

**A note from your coach: You can, you shall, you will make the best of this summer EVERY DAY. Believe in your mission to be the best you, you can be. Your parents/coaches will be right there believing in you.**

### **STRENGTH & CONDITIONING:**

**STARTS: Monday June 1st @ High School**

**ENDS: July 23rd**

**PHS SESSION #1- 7AM-8AM**

**PHS SESSION #2- 8AM-9AM**

**PHS SESSION #3- 9AM-10AM**

**PMS SESSION #4- 10AM-11AM- MS Time**

**COST \$25 (BRING FIRST WEEK OF WEIGHTS)**

**DEAD WEEK: JUNE 29th-July 3rd NO WEIGHTS**

**SKILL TRAINING: Every Wednesday on the below dates.**

**TIME: 8-9:30 AM**

**DATES: 6/3,6/10,6/17,6/24,7/8**

**COST: FREE**

**WHERE: PMS Practice Field(West of Game Field)**

**FOCUS: 15min agility, form, scheme, plays. 20 min comp.**

**Coach Thimesch 7-8 Grade Football Camp: JULY 13-15**

**TIME: 8-9:30AM**

**COST: \$40**

**WHERE: PHS Game Field**

**Have physical and insurance turned into office prior to Aug. 9th.**