



Temple Christian School Football  
2008 Summer Conditioning/Workout Schedule

***Strength and Conditioning Program***

**June 25, Wednesday**

7:59am - 9:29am Initial Testing

**June 26, Thursday**

7:59am - 9:29am Initial Testing

**June 30 - July 25**

(No workout Friday, July 4<sup>th</sup> 2008)

**Monday, Tuesday, Thursday, Friday**

6:59am - 8:59am Morning Strength and Conditioning Workout

4:59pm - 6:59pm Evening Strength and Conditioning Workout

**July 28, Monday**

7:59am - 9:59am Final Testing

**July 29, Tuesday**

7:59am - 9:59am Final Testing

**July 1 - July 22, Every Tuesday Night**

**TCS 7 on 7 passing league**

7:00pm - 7:30pm "Best" Players (Lineman)

7:30pm - 9:00pm Skill Players

**July 11-12, Friday and Saturday**

**7 on 7 Tournament - TPSCA**

Fri. - 1:00pm, 2:00pm, 3:00pm, Episcopal School of Dallas

Sat. - TBA, Greenhill School of Dallas