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Redskin Football Sets Summer Schedule

Liberal football players are making plans for their summer. The LHS team camp is June 1-4. The Hutchinson Community College team camp is June 13-15. The first practice is August 16 with the first game September 3 at home against Ulysses. The Redskin Country Club training program takes place throughout the summer.

DATE: June 21 – July 30, 2010

Monday • Tuesday • Wednesday • Thursday

VARSITY SESSION (grades 9-12): 7:30AM - 9:30AM

JR. ELITE SESSION (grades 7-8): 7:30AM - 9:30AM

REDSKIN COUNTRY CLUB is an intense training program offered to athletes entering the 7th through 12th grades. The camp meets four days per week at the High School weight room.

Athletes should wear workout clothes and tennis shoes.

REDSKIN COUNTRY CLUB athletes will receive:

- Safe, professional instruction
- Strength and flexibility training
- Speed and agility training

By completing this course, our athletes will gain an advantage over their opponents by increasing athletic capabilities and power and improving body coordination and movements.

VARSITY SESSION(Grades 9-12)

- DATE: JUNE 1 – June 4, 2010
- TIME: 9:00AM - 3:00PM

COST: Free

LOCATION: Liberal High School

EQUIPMENT: Shorts, shirt and cleats

TEAM CAMP 2010 is a non-contact team camp. The goal of the camp is to improve individual position skills while developing unity in a team environment. There will be no pad contact during the camp. The safety of the athlete will be the number one priority.

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