



SUMMER LIFTING SCHEDULE 2023 SEASON

PARENTS AND PLAYERS MEETING – CM COMMONS - SUNDAY MAY 14TH AT 4:00PM

CM EAGLE FOOTBALL CAMPS

JUNE 5TH-9TH AT CM HIGH SCHOOL

8:00AM-10:30AM MEN ENTERING GRADES 9TH, 10TH, 11TH AND 12TH

10:30AM – 12:00PM - GRADE SCHOOL GRADES – 3RD – 8TH

COST \$50.00 DOLLARS PER PLAYER/INCLUDES INSTRUCTION & T-SHIRTS

PLEASE MAKE CHECK PAYBLE TO: CM FOOTBALL

JULY 24TH – 27TH - END OF THE SUMMER HIGH SCHOOL ONLY CAMP

5:00PM – 7:00PM - NO CHARGE – HIGH SCHOOL PLAYERS ONLY

SUMMER LIFTING SCHEDULE

CMHS-8:00AM-10:00AM POSSIBLE EARLY BIRD LIFTING 7:00AM-8:00AM OR NIGHT LIFT

TUESDAY MAY 30 TH	8:00AM-10:00AM	PRACTICE
WEDNESDAY MAY 31 ST	8:00AM-10:00AM	EQUIPMENT/LOCKERS
THURSDAY JUNE 1 ST	8:00AM-10:00AM	HELMET-SP FITTING

EAGLE INDIVIDUAL CAMP ALL WEEK JUNE 5TH-9TH – HS - 8:00AM-10:30AM
GRADE SCHOOL CAMP JUNE 5-8TH GRADES 3-4-5-6-7-8 10:30AM – 12:00PM

MONDAY 5 TH	8:00AM-10:00AM - PAD UP	GRADE SCHOOL 10:30AM-12:00PM
TUESDAY 6 TH	8:00AM-10:00AM	GRADE SCHOOL 10:30AM-12:00PM
WEDNESDAY 7 TH	8:00AM-10:00AM	GRADE SCHOOL 10:30AM-12:00PM
THURSDAY 8 TH	8:00AM-10:00AM	GRADE SCHOOL 10:30AM-12:00PM
FRIDAY 9 TH	8:00AM-10:00AM OR 7:00PM	7-7 under lights all grades

HIGH SCHOOL PRACTICE RESUMES AFTER SUMMER CAMP:

MONDAY JUNE 12TH 8:00AM-10:00AM
TUESDAY JUNE 13TH POSSIBLE TEAM ACTIVITY TBD
WEDNESDAY JUNE 14TH 8:00AM-10:00AM
THURSDAY JUNE 15TH 8:00AM-10:00AM

MONDAY JUNE 19TH 8:00AM-10:00AM
WEDNESDAY JUNE 21ST 8:00AM-10:00AM
THURSDAY JUNE 22ND 8:00AM-10:00AM

MONDAY JUNE 26TH 8:00AM-10:00AM 4:00PM-5:00PM
WEDNESDAY JUNE 28TH 8:00AM CM VS BREESE MD

THURSDAY JUNE 29TH - JULY 5TH - MID SUMMER BREAK – NO PRACTICE

FOOTBALL PRACTICE RESUMES:

THURSDAY JULY 6TH 8:00AM-10:00AM
FRIDAY JULY 7TH 8:00AM-10:00AM

MONDAY JULY 10TH 8:00AM-10:00AM
TUESDAY JULY 11TH 8:00AM-10:00AM PRACTICE FOR TEAM CAMP
WEDNESDAY JULY 12TH 8:00AM-?? FOUR TEAMS ENTERED
CM/COLUMBIA/CALHOUN/LITCHFIELD
THURSDAY JULY 14TH 8:00AM-10:00AM LIFT ONLY WATCH VIDEO

MONDAY JULY 17TH TEAM CAMP PRACTICE - TBD
TUESDAY JULY 18TH TEAM CAMP PRACTICE – TBD
WEDNESDAY 19TH – 21ST ILLINOIS WESLEYAN TEAM CAMP 3 DAYS
COST WILL BE \$199.00 PER PLAYER

MONDAY THRU THURSDAY JULY 24TH – 27TH
LIFT 8:00AM-10:00AM OR TEAM 5:00PM-7:00PM

WEIGHT ROOM WILL BE CLOSED JULY 28TH - AUGUST 5TH

MONDAY AUGUST 6TH - 2A DAYS START AUGUST 7TH @ 8:00AM

PARENTS AND PLAYERS: SCHEDULE MAY CHANGE SLIGHTLY. BUT WHEN WE START AND STOP WILL NOT. THE 4TH OF JULY BREAK IS SET.

THANK YOU,

RICK REINHART
CMHS COACH

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