

2024 Middle School Football

Summer:

Summer workouts are optional. The workouts generally take between 45 to 60 minutes, the weight room is open on Monday, Tuesday, and Thursday mornings from 8:00 AM to 9:00 AM or afternoons from 5:00 PM to 6:30 PM. All summer workouts are done in the lower campus weight room, and a member of the varsity coaching staff will be present during each session.

Practice:

The 1st practice date is Wednesday, August 7th at 4:30 PM. For the first week of practice you will need shorts, a t-shirt, and cleats. We will provide you with a helmet and shoulder pads. Starting Wednesday, August 14th you will need to provide your own football pants for practice. Practices are mandatory and you will have to make up any missed practices with some conditioning after the next practice. Thursday, August 15th is the first day of school and also fall athletic picture day, I will let you know practice details for that day as soon as we get the picture schedule. Friday, August 16th we will practice from 3:15 to 4:30 PM. On Monday, August 19th practice will run from 3:15 to 5:00 PM, this will be our normal practice time during school. A shuttle will be provided to transport athletes from the upper campus to the lower campus for practice.

Games:

The 1st game is at Andrew Jackson Academy on Thursday, August 29th. All games will start at 6:00 PM and we will provide transportation to and from all away games.

Physicals:

All athletes must have an updated physical before the 1st practice date.

Questions:

If you have any questions please feel free to contact me:

bsmith@orangeburgprep.com



AUGUST Middle School Football Practice Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			2	1	2	3
4	5	6	7	8	9	10
			Practice at Lower Campus Facilities: 4:30 PM - 6:00 PM	Practice at Lower Campus Facilities: 4:30 PM - 6:00 PM	Varsity Scrimmage, No Middle School Practice	
11	12	13	14	15	16	17
	Practice at Lower Campus Facilities: 4:30 PM - 6:00 PM	Practice at Lower Campus Facilities: 4:30 PM - 5:30 PM, OPEN HOUSE at 6:00 PM	Practice at Lower Campus Facilities: 4:30 PM - 6:00 PM	Picture Day: TIME TBD, We will take pictures then practice.	Practice at Lower Campus Facilities 3:15 - 4:30 PM	
18	19	20	21	22	23	24
	Practice at Lower Campus Facilities: 3:15 PM - 5:00 PM	Practice at Lower Campus Facilities: 3:15 PM - 5:00 PM	Practice at Lower Campus Facilities: 3:15 PM - 5:00 PM	Practice at Lower Campus Facilities: 3:15 PM - 5:00 PM	No Practice, Varsity @ Wilson Hall	
25	26	27	28	29	30	31
	Practice at Lower Campus Facilities: 3:15 PM - 5:00 PM	Practice at Lower Campus Facilities: 3:15 PM - 5:00 PM	Practice at Lower Campus Facilities: 3:15 PM - 5:00 PM	Game @ Andrew Jackson 6:00 PM	No Practice, Varsity H Andrew Jackson	

NOTES

2024 Varsity Football Information

Summer Workout Dates:

- **The weight room will be open on Monday, Tuesday, and Thursday mornings from 8:00 AM - 9:30 AM and in the afternoons from 5:00 PM - 6:30 PM, starting Tuesday, May 28th.**
- **The weight room will be closed July 3rd - 7th, and July 22nd - 24th.**
- **The first practice is Thursday, July 25th at 5:00 PM.**
- **All athletes must have an up to date physical on file before the first practice.**
 - **Please contact Coach Smith (bsmith@orangeburgprep.com) for any questions about physicals.**