

HIGHLAND FOOTBALL SUMMER DATES 2022

June 27 – July 28 Weight Program

- 8-9 am – Varsity and JV – Monday – Thursday
- 9-10 am – Freshman – Monday – Thursday

June 27 – July 28 Skill Position and Lineman Sessions

- Varsity and JV
 - Monday's 9-10 am – Offensive/Defensive Installation
 - OL, QB, RB, WR, TE team sessions
 - DL, LB, DB team sessions
 - Wednesday's 9-10 am – Skill Positions and Lineman separate
- Freshman
 - Monday's 8-9 am – Offensive/Defensive Installation
 - OL, QB, RB, WR, TE team sessions
 - DL, LB, DB team sessions
 - Wednesday's 8-9 am – Skill Positions and Lineman separate

July 11, 12, 13 Championship YOUTH Football Camp @ HHS

- 8:30-11 am 5th -8th Grade
- 1:30-3 pm K-4th Grade
- Highland High School practice fields
- Registration forms on highlandrams.org

July 18, 19, 20 Highland Football Team Camp

- Highland High School practice fields
- Registration forms on highlandrams.org
- 9-11 am and 2-4 pm

August 8 First Day Double Day Practice

- All teams begin this day
- An August schedule will be posted prior to the month

