

# 2025 SACHSE HIGH SCHOOL FOOTBALL

## 10<sup>th</sup> - 12<sup>th</sup> Graders

### Summer Workouts

#### **May 24 - June 1 OFF**

*(Please use this time for family vacations. – Do not tell your team you have plans other than football after August 6<sup>th</sup>.)*

June 2 – 5 (Monday – Thursday)

June 9 – 12 (Monday – Thursday)

June 16 – 19 (Monday – Thursday)

June 23 – 26 (Monday – Thursday)

#### **June 27 - July 6 OFF**

*(Please use this time for family vacations. – Do not tell your team you have plans other than football after August 6<sup>th</sup>.)*

July 7 – 10 (Monday – Thursday)

July 14 – 17 (Monday – Thursday)

July 21 – 24 (Monday – Thursday)

July 28 – 31 (Monday – Thursday)

August 4 – 6 (Monday – Wednesday)

### Workout Times

**10<sup>th</sup> – 12<sup>th</sup> Grades, 7:30am – 10:15am**

(Weights/Agilities/Conditioning 7:30 – 9:05 am, Skills/7v7 9:15 – 10:15 am)

**FRESHMEN, 8:15 – 9:50 am** (times may be adjusted due to numbers)

(Stretch 8:15am, Agilities/Conditioning/Skills 8:25 – 9:05am; Weights

9:05-9:50am)

### IMPORTANT DATES NEXT SEASON

- **Sachse Football Parent Meeting – (Mandatory parent meeting)**
  - Monday, May 19, HS Cafeteria
  - 6:00pm (**FRESHMEN**)
  - 6:30pm (**10-12th grades**)
  - 7:00pm (**Recruiting Meeting with Q&A**)
- **Freshmen Equipment Issue** – Thursday, July 31, 5:30-6:00pm
- **Conditioning Test** – Thursday, August 7, 7:15am
- **HS Equipment Issue** – Thursday, August 7, 4:00pm (if you were not fitted in AM or previously)
- **Pictures** – Saturday, August 9 (AM)
- **First day of school/practice** – Monday, August 11<sup>th</sup>
- **Scrimmage** – Thursday, August 21 vs. Lewisville
- **First game** – Friday, August 29 vs. Coppell (Senior Night)
- **Varsity Banquet** – Wednesday, December 10, 6:00 pm @ The Atrium

**Summer 2025  
Conditioning Test  
August 7, 7:15 am**

Make: 35 TOTAL

32-35 Workouts: No running

30-31 Workouts: 2 110's

28-29 Workouts: 4 110's

26-27 Workouts: 6 110's

24-25 Workouts: 8 110's

22-23 Workouts: 10 110's

20-21 Workouts: 12 110's

18-19 Workouts: 14 110's

17-or less Workouts: 16 110's

All 110's are timed. Must make all 110's within time or will keep running them until all have been completed in time.

QB/WR/DB – 15 seconds

RB/H/LB/DE – 16 seconds

OL/DT – 19 seconds



- **ALL PHYSICALS NEED TO BE COMPLETED & TURNED IN TO COACH BAUER BY MAY 14.**
- GISD online athletic forms and physicals are **REQUIRED** to participate in summer workouts.
- If you have any questions, feel free to email Coach F. Williams at [fwilliams@garlandisd.net](mailto:fwilliams@garlandisd.net).

