

# Salem Parks & Rec.

## Winter – Youth Football Workouts

Salem Parks and Recreation will once again offer winter indoor football workouts. The focus of these workouts is to build skills that are valuable on the field of play in the fall. The work outs are open to all Future Skyhawks in grades 6<sup>th</sup> to 9<sup>th</sup> grades.

There is no cost for the workouts.

**Instruction** will be give by local youth coaches, SHHS Football staff and guess Cougar players.

Boys should wear shorts, tennis shoes and a t-shirt

### **First two dates are:**

Friday, February 3<sup>rd</sup> 7:00p.m. to 8:45p

Friday, February 24<sup>th</sup> 7:00p.m. to 8:45p

A March date will be set later: TBA

**Salem Football Shirts can be purchased for \$7.00 The order will be placed after the first work out. Payment will be made to Salem Parks & Recreation**

