



HUSTICON FOOTBALL SUMMER SCHEDULE



SUMMER WORKOUTS

For the first three weeks of June, workouts will be held at both Horicon & Hustisford. Horicon will start at 6:00AM during Skills & Drills and Hustisford will start at 7:30AM. Starting the last week of June, workouts will be held only at Horicon and will transition to a 5:30PM start time. Workouts will last roughly an hour.

FOOTBALL CONTACT DAYS

Football Contact Days will be broken into two "Mini-Camps". The first Mini-Camp will be June 28th & 29th. The second will be July 19th, 20th & 21st. Start time will be 5:30PM.

JUNE

June 5th Week: Mon-Thur (AM Lift) Horicon 6-7AM Hustisford 7:30-8:30AM
 June 12th Week: Mon-Thur (AM Lift) Horicon 6-7AM Hustisford 7:30-8:30AM
 June 19th Week: Mon-Thur (AM Lift) Horicon 6-7AM Hustisford 7:30-8:30AM
 June 26th Week: Mon/Tue (PM Lift) Horicon 5:30PM-6:30PM
 Wed/Thur (Mini-FB Camp) Horicon 5:30PM-8:00PM (Contact Days)

JULY

July 3rd Week: Thu-Fri (PM Lift) Horicon 5:30PM-6:30PM
 July 10th Week: Mon-Thur (PM Lift) Horicon 5:30PM-6:30PM
 July 17th Week: Mon-Thur (PM Lift) Horicon 5:30PM-6:30PM
 Wed-Fri (Mini-FB Camp) Horicon 5:30PM-8:00PM (Contact Days)
 July 24th Week: OFF

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 OFF	29 OFF	30 OFF	31 OFF	1 OFF	2 OFF	3 OFF
4 OFF	5 AM LIFT	6 AM LIFT	7 AM LIFT	8 AM LIFT	9 OFF	10 OFF
11 OFF	12 AM LIFT	13 AM LIFT	14 AM LIFT	15 AM LIFT	16 OFF	17 OFF
18 OFF	19 AM LIFT	20 AM LIFT	21 AM LIFT	22 AM LIFT	23 OFF	24 OFF
25 OFF	26 PM LIFT	27 PM LIFT	*28* FB CAMP	*29* FB CAMP	30 OFF	1 OFF

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 OFF	3 OFF	4 OFF	5 OFF	6 PM LIFT	7 PM LIFT	8 OFF
9 OFF	10 PM LIFT	11 PM LIFT	12 PM LIFT	13 PM LIFT	14 OFF	15 OFF
16 OFF	17 PM LIFT	18 PM LIFT	*19* FB CAMP	*20* FB CAMP	*21* FB CAMP	22 OFF
23 OFF	24 OFF	25 OFF	26 OFF	27 OFF	28 OFF	29 OFF
30 OFF	31 OFF	1 FB PRAC	2 FB PRAC	3 FB PRAC	4 FB PRAC	5 FB PRAC

**Please bring appropriate workout clothes and footwear (laced shoes/cleats) to all workouts.*

Reminder: Summer workouts are not required and are open to all students. Workouts are strongly encouraged and will help prepare students to be their best and aid in injury prevention. Husticon Football will be following all local and state requirements along with the WIAA Summer Strength/Conditioning and Contact Days instruction.