



Diamondbacks Football



Head Varsity Football Coach
Kirk Anderson - kanderson@eduhd.k12.ca.us
(530) 421-4003 x 4716

Important Football Information and Dates

SUMMER FOOTBALL			
June 6 – June 30			
ALL LEVELS (Incoming Freshman – Current Juniors)			
	Time	On Field	Weight Room
Mon./ Tues./ Weds.	3:45 – 5:00 PM	JV	Varsity
	5:00 – 6:00 PM	JV/Varsity	
	6:00 – 7:00 PM	Varsity	JV
Thurs.	8:45 – 11:00 AM	JV/Varsity	
Fri.	OFF		

****SUMMER PHYSICALS & HOMECAMPUS MUST BE COMPLETED BEFORE PARTICIPATION IN OUR SUMMER PROGRAM****

(The weight room will be open for 16 days in the summer. Football players must get 14 days of lifting - If a player does not get 14 he will make up the necessary hours he missed by doing extra Conditioning)

Dead Period will run July 4th – July 24th. We will have open weight room during that time for players that are in town and want to continue to get a lift. This is a great time to plan VACTATIONS.

Start of Fall Practice - JULY 25th (Mandatory Acclimation Period)