**2024-25 Wyandot Hawks 8th Grade Football Players**

Hello to all those interested in playing 8th Grade football next year with the Wyandot Hawks 8th grade team. The coaching staff is looking forward to an exciting, fun year as MHSAA and the MAC conference has realigned the divisions. We will discuss the schedule and what is expected of you at our end of year meeting in May.

Our season comes upon us quickly as we report to practice the last week in August and have five days of conditioning before we can wear pads. Then the following week we have our four-way scrimmage. Then, the next week our first game of the season. Because of this we need to be sure that our players come to that first week of conditioning in good shape and ready to play. The better shape you are in also reduces the chances of injuries and nagging aches and pains that limit your ability to compete at your highest level.

Therefore, throughout the summer we need our players to invest some time in getting into playing condition for the up coming season.

**The following is a schedule we suggest:**

Stretch out and be sure to be good and loose prior to running so as not to pull any muscles and have an injury that could have been prevented by stretching and warming up. Run a half a mile to a mile two to three times a week. Try to work yourself up to one to two miles each time by the end of summer.

Do this M/W/F this week then Tu/Th and rotate throughout summer.

Stretch out and be sure to be good and loose prior to running so as not to pull any muscles and have an injury that could have been prevented by stretching and warming up. Run three sets of five 40-yard dashes (15 total sprints). Leave out of your stance linemen use a 3 point and skill players use a standing stance.

**After sprints do the following:**

50 Push-Ups (Do them good so if it takes more than one set to achieve 50 good ones, do more sets instead of 50 at one time so you total 50 good push-ups)

75 Sit-Ups (Do them good so if it takes more than one set to achieve 75 good ones, do more sets instead of 75 at one time so you total 75 good sit-ups)

3 Sets of Planks for one minute each set

2 sets of as many Mountain Climbers that you can do in one minute.

2 sets of as many Jumping Jacks that you can do in one minute.

Do this M/W/F this week then Tu/Th and rotate throughout summer.

During conditioning week, we may be running the mile for time, as well the 40-yard dash. We will also be utilizing your other conditioning during football drills as we evaluate players for positions and skills where they will best help the team as games approach.

When we start practices at the end of summer, we will be looking for a goal of all of our linemen to run the mile in 10 minutes or less, and all of the skill position players to run the mile in 8 minutes or less.

**EXAMPLE VOLUNTARY SUMMER WORKOUT SCHEDULE**

**WEEK #1**

Monday 6/17/24 Stretch out (15 min) and run your 1-2 miles (30-45min total)

Tuesday 6/18/24 Stretch out (15 min) and run your 3 sets sprints (45-60min total)

Do your Push-Ups, Sit-Ups, Planks, Jumping

Jacks, and Mountain Climbers

Wednesday 6/19/24 Stretch out (15 min) and run your 1-2 miles (30-45min total)

Thursday 6/20/24 Stretch out (15 min) and run your 3 sets sprints (45-60min total)

Do your Push-Ups, Sit-Ups, Planks, Jumping

Jacks, and Mountain Climbers

Friday 6/21/24 Stretch out (15 min) and run your 1-2 miles (30-45min total)

**WEEK #2**

Monday 6/24/24 Stretch out (15 min) and run your 3 sets sprints (45-60min total)

Do your Push-Ups, Sit-Ups, Planks, Jumping

Jacks, and Mountain Climbers

Tuesday 6/25/24 Stretch out (15 min) and run your 1-2 miles (30-45min total)

Wednesday 6/26/24 Stretch out (15 min) and run your 3 sets sprints (45-60min total)

Do your Push-Ups, Sit-Ups, Planks, Jumping

Jacks, and Mountain Climbers

Thursday 6/27/24 Stretch out (15 min) and run your 1-2 miles (30-45min total)

Friday 6/28/24 Stretch out (15 min) and run your 3 sets sprints (45-60min total)

Do your Push-Ups, Sit-Ups, Planks, Jumping

Jacks, and Mountain Climbers

**WEEK #3 Monday, 7/1/24 through Friday, 7/5/24 follow Week #1 Schedule**

**WEEK #4 Monday, 7/8/24 through Friday, 7/12/24 follow Week #2 Schedule**

**Continue in this pattern**