

SOUTH MEDFORD HIGH SCHOOL 2022 FROSH SUMMER FOOTBALL

July 5 – July 22	Official Summer Workout Period Mon Wed Fri	10-11:30 Frosh South/Mandatory
July 24-Aug 1	OFF WEEK (OSAA Mandatory)	
Aug. 1 – Aug. 5	Team Building Week	TBA
Aug. 8-9 11-12	SMHS Panther Football Camp Grades 7 – 12 Bring your payment and registration on the 8 th	TBD (evening) \$40
Aug. 10	Gold Card Blitz (Football Fundraiser) 9 – 10 – 11 – 12 Grades MANDATORY – WE NEED ALL OF YOU	9:00 a.m. - 4:00 p.m.
Aug. 10	Fall Sports Eligibility/Parent Night South Gym (Bring a Parent)	6:00 p.m.
Aug. 15	Official Practice Begins (Practice Schedule Handed out Aug. 10)	TBD Lift @ South
Aug. 19	Family Night Scrimmage (Var, JV & Frosh)	TBD Spieg Stadium?
Aug. 29	School Begins/School Practice Times	4:00-6:30 p.m. South
Sept. 1	Game 1	

Sign up for Remind for notices from Coach Sean Johnston
Send text to 81010
Enter @7cgb2c

You need to be sure to order a helmet from ArmorZone as our district leases them each year.
Email: Mark@armorzone.com