

MINNETONKA FOOTBALL

IMPORTANT DATES 2009-2010

Winter Sports Start Dates

Alpine Skiing - November 9
Nordic Skiing - November 9
Hockey - November 16
Wrestling - November 23
Basketball - November 23 (9th Grade begins November 16)
Swimming - November 30

Spring Sports Start Dates

Track - March 15
Baseball - March 22
Golf - March 22
Tennis - March 29
Lacrosse - March 29



Player Conferences

Varsity Players Only - December

Winter Strength and Conditioning

Begins Monday, November 30 - Ends Wednesday, March 3 No Fee
Monday - Wednesday - Friday
Speed Development/Conditioning - 3:00-3:45 PM in Tonkadome
Strength Train - 3:45-4:45 PM at Pagel Center

Spring Strength and Conditioning

Begins Monday, March 15 - Ends Friday, June 4 No Fee
Monday - Wednesday - Friday
Speed Development/Conditioning - 3:00-3:45 PM in Tonkadome/on Game Field
Strength Train - 3:45-4:45 PM at Pagel Center

Summer Strength and Conditioning

Begins Monday, June 14 - Ends Friday, August 13 Fee - Group Training (\$100) - Personal Training (\$190)
Monday - Wednesday - Friday (Varsity & Sophomores 8:00-10:00 AM/Freshmen 9:00-11:00 AM)

"O" & "D" Camp

Tuesday, June 15-Thursday, June 17
Daily Camp Schedule - Meeting (8:00 AM) Practice (9:00-11:00 AM) Lunch (11:15-11:45 AM)
Meeting (11:45-12:15 PM) Practice (12:30-2:30 PM)

Summer Practice Schedule (MSHSL Dead Period - July 1-7)

Tuesdays and Thursdays (8:00-9:30 AM) Grades Entering 9-12
Tuesday - June 22, June 29, July 13, July 20, July 27
Thursday - June 24, July 15, July 22, July 29

Jeff Trickey Quarterback Camp

Grades Entering 5-12
Session I - June 18-19, II - June 19-20, III - June 21-22, Youth Camp - June 18-19

Ray Guy Kicking, Punting, Long Snapping Camp

Grades Entering 9-12
Dates and Times TBD

FOOTBALL ACADEMIC ELIGIBILITY REQUIREMENTS FOR FALL OF 2009

Every player must pass 5 classes 4th Term to be eligible for football next fall

Check Your Football Newsletter For Important Information

January April June August

Youth Football Camp (Grades Entering 3-8)

Monday, August 2-Thursday, August 5 (7th-8th Grade 4:00-6:00 PM/3rd-6th Grade 6:00-8:00 PM)

Football Practice - Grades 9-12

Begins Monday, August 16

Questions? Please call Dave Nelson (952) 401-0022 (Home) or (952) 401-5948 (Office)

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