



2023 PAOLA MS PANTHER FOOTBALL

CAMP 7-8: JULY 10-13

TIME: 8AM-9:30AM

COST \$30, includes instruction, insurance, t-shirt.

Sign up on our school website or [click here](#).

STRENGTH & CONDITIONING:

STARTS: Wednesday May 31st

PHS SESSION #1- 7AM-8AM

PHS SESSION #2- 8AM-9AM

PHS SESSION #3- 9AM-10AM

PMS SESSION #4- 10AM-11AM

COST \$20 (BRING FIRST WEEK OF WEIGHTS)

INSTALL GROUPME IN THE APP STORE:



This is where you will get announcements about future instructions, practices, games, etc. Parents please join this as well. Use the QR Code or look for an announcement from the school.



DEAD WEEK: JULY 4TH-8TH NO WEIGHTS

1ST PRACTICE: MONDAY AUGUST 14TH TBA

Have physical and insurance turned into office prior to this date.