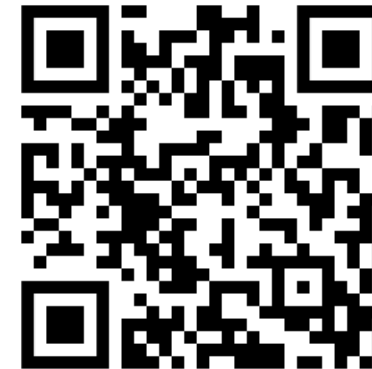


Bowie Football Dates for Freshmen

- Physical Night-May 13th at the Bowie MAC (3:30 – 5:30pm)
- Monday, June 3rd – Summer Strength and Conditioning (6 and 8am)
 - All weeks and dates on back
- Friday, August 2nd – Equipment Check Out – (Bowie MAC) 8am – 12pm
- Monday, August 5th – First Day of Practice for Freshmen
- Thursday, August 8th – Football Parent Meeting – (Bowie Auditorium) 7:30pm
- Scan QR Code to fill out your information





SUMMER STRENGTH & CONDITIONING



- This camp is open to all Bowie students going to the 7th-12th grade boys and girls, including non-athletes. Monday – Thursdays only (Only Friday is the open weight room week). The dates are as listed:
 - Week 1: June 3 – 6
 - Week 2: June 10 – 13
 - Week 3: June 17 – 20
 - Week 4: June 24 – June 27
 - Week 5: July 8 – 11
 - Week 6: July 15 – 18
 - Open Weight Room: July 25 & 26 (8am – 12pm)
 - Week 6: July 29 – August 1st (6am only)
- No registration needed, child can get breakfast and lunch at the school! Start times are 6am and 8am for workouts.
- For more information, contact Coach Sam at jsam@aisd.net or call 682-867-4585