



WASATCH FOOTBALL

Upcoming Events 2019

- **November 27th – December 20th Crossfit Football**
 - Tuesdays 3:30-4:30 and Thursdays 3:30–4:30
 - \$50, pay FIRST DAY at the door with waiver
- **January 8th – February 31st Crossfit Football**
 - Tuesdays 3:30-4:30 and Thursdays 3:30–4:30
 - \$50, pay FIRST DAY at the door with waiver
- **December 3rd – January 11th**
 - **“BLACK” EDGE** strength program (95% attendance required for Champion Club points)
 - WHS WC Weight room
 - 6:00am-7:00am or WHS weight training class
 - 4 days/week-M, W, Th, F
- **January 15th – March 21st** ○ **“YELLOW”EDGE** strength program (95% attendance required for Champion Club points)
 - WHS Weight room
 - 6:00am-7:00am or WHS weight training class
 - 4 days/week-M, W, Th, F
- **March 25th – May 29th**
 - **“WHITE” EDGE** strength program (95% attendance required for Champion Club points)
 - WHS WC Weight room
 - 6:00am-7:00am or WHS weight training class
 - 4 days/week-M, W, Th, F
- **May 1st** ○ Utah State Powerlifting meet
 - Weber High School
 - 4pm-10pm
 - \$15 due May 2nd
- **May 21st** ○ Helmet issue for camp
 - 2:30 pm
 - Wasatch High School Football Equipment room-basement north end of high school
- **June 3rd – June 7th**
 - Attend Wasp football camp (95% attendance required for Champion Club points)
 - 6:30am-8:30am/6:00pm-8:00pm
 - WHS Football Complex
 - \$90/player: due **May 30th** at front office (Late registration \$95)



WASATCH FOOTBALL

- **June 8th** ○ BYU Passing League (Varsity/JV) **TENTATIVE**
 - Depart 12noon, Return 8pm
 - \$15/player: Due June 5th

- **June 10th**
 - **The “SUMMER EDGE” Begins (Summer training program)**(95% attendance required for Champion Club points)
 - WHS Weight Room: Monday, Wednesday(stadium), Thursday
 - 7am-8:30am: 11th-12th Graders
 - 9am-10:30am: 9th-10th Graders
 - \$60/player: Due first day of program

- **June 14th JV, 15th Varsity**
 - Mtn. Air Passing League/Lineman Challenge, Wasatch HS

- **July 1st – July 7th All Sports Summer Moratorium(TENTATIVE)**
 - Please plan summer vacation and family outings during this moratorium

- **July 15th (TENTATIVE) {SET BY UHSAA}**
 - Wasp Conditioning begins
 - 7am-9am/6pm-8pm Monday-Friday
 - Further info to follow

- **July 22nd (TENTATIVE)**
 - Wasp Conditioning continues
 - 7am-9am/6pm-8pm Monday-Friday

- **July 29th (TENTATIVE)**
 - Wasp Conditioning continues
 - 7am-9am/6pm-8pm Monday-Friday

- **August 5th (TENTATIVE)**
 - Padded Practice begins
 - 3 pm to 6 pm Monday-Friday

- **August 9th-10th (TENTATIVE)**
 - Team Activity / Cake Auction
 - TBA

- **August 16th**
 - First Game of the Season vs Park City