

Here is some information that I talked about in the video, just a bit more in depth.

Important Dates: Always subject to change, but here are some anticipated dates that you will want to know.

Summer strength and conditioning as well as football on-field workouts are expected to begin the week of June 1, stay tuned for official start dates and times. I would anticipate these workouts being in the mornings.

High School Camp Dates: August 2-5

First Practice Date: August 9. When teachers are back to school, practices always start after school, 2:30 or so and will be over by 5:00.

Practice will take place each weekday starting August 9 through our fall season. We rarely will hold a practice on a Saturday and never on a Sunday.

At this time, Freshman games are on Thursday nights beginning August 26 and we anticipate playing a 9 game schedule which would take us through the week of October 21.

It is anticipated that we will hold FREE weight lifting sessions and possible open gyms this Spring with dates and times TBD.

Make sure to have physical and concussion forms turned in prior to August 9.

Updated information will be posted via social media on the following. We also will use the remind app so look for that on the email address(es) you provide on the sign-up sheet.

Twitter: Mustang Football @HempsteadFB

Facebook: Dubuque Hempstead Football

If you have further questions, please don't hesitate to reach out:

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Thank You,

Jeff Hoerner