



SPRING DRILL INFORMATION

*** Starting on **March 25th** we will begin **Saturday am sessions**. These sessions are designed to work on Speed & Agility. We will also do position specific drills. 8:30-10:30 am

- Saturday spring sessions will occur from 8:30 am- 10:30 am at the the Stadium
- Saturday sessions will occur throughout the spring months.
- As the weather improves some of our after school sessions will be moved to the stadium for field drills. We will notify everyone in advance.
- We will continue our Monday-Wednesday-Thursday Strength & Conditioning sessions
- We will be OFF the week of March 6th.
- Visit our new website at : hillersfootball.com
- It's been a great atmosphere at our workouts. Our players encourage each other and our workouts create positive energy. Great job by all of our LOC (Line of Commitment) players. Thank you for your commitment to our program!

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#MAKETODAYCOUNT