

# **Ruckel Middle School Summer Workouts**

**Grades 6 – 8 • RMS FOOTBALL FIELDHOUSE**

**June 21<sup>th</sup> – June 30<sup>th</sup> 8:00 - 10:00 Monday Thru Thursday**

**July 12<sup>th</sup> – July 20<sup>th</sup> 8:00 - 11:00 Monday Thru Thursday**

**Vacation the Week Of July 1<sup>st</sup> – July 9<sup>th</sup> NO PRACTICE!!!**

**Try-Outs July 21<sup>th</sup> – July 28<sup>th</sup> With Team Being Announced July 28<sup>th</sup>**

**\*\*\*BRING A WATER BOTTLE\*\*\***



**MUST HAVE ALL ATHLETIC PAPERWORK TURNED IN**

**RMS 2021 Football Summer/Fall Practice Starts July 29th  
(Monday –Thursday) 8:00 – 11:00**

**Summer Work-Out Cost Is \$125.00  
Please Make Checks Payable To RMS Football**

**Any Questions Please Contact: Ron Reece  
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