



# SUMMER PRIDE DATES TO REMEMBER

## 1. PHYSICALS

WHEN: Tuesday, May 23<sup>rd</sup> 3:30 PM

WHERE: DMS Weight Room

Cost is \$10.00\*\*

All Students who participate in athletics at Durant Middle School are required to get a physical.

**\*\*All physicals must be completed on the OSSAA Form\*\***

Parents **MUST** fill out and sign the physical form before the physical can be performed.

*\*\*Make checks payable to Dr. Jeffrey Cottingame\*\**

## 2. PERFORMANCE COURSE

WHEN: June 5<sup>th</sup> thru August 3<sup>rd</sup>

Boys - 9:30 AM-10:30 AM (Mon-Fri)

WHERE: Durant High School Weight Room

WHO: Incoming 7th and 8th grade boys in all sports. *(Make payments to Performance Course Oklahoma)*

## 3. DMS CONDITIONING CAMP

WHEN: July 24<sup>th</sup> – August 4<sup>th</sup>

7:30 AM - 9:00 AM

WHERE: DMS Football Field/Weight Room

**Attendance is Mandatory** for those wishing to play football.

## 4. DMS FOOTBALL PRACTICE STARTS

WHEN: August 7<sup>th</sup>

8:00 AM - 11:00 AM

WHERE: DMS Football Field

## 5. Remind Info on backside

***"It's not the will to win that matters- everyone has that. It's the will to prepare to win that matters."***

***~Paul "Bear" Bryant~***

