



# SUMMER PRIDE

## DATES TO REMEMBER

### 1. DMS SUMMER WEIGHTS

WHEN: July 8<sup>th</sup> – July 25<sup>th</sup>

Monday - Thursday

7:30 AM - 9:00 AM

WHERE: DMS Football Field/Weight Room

### 2. DMS CONDITIONING CAMP

WHEN: July 29<sup>th</sup> – August 8<sup>th</sup>

Monday - Thursday

7:30 AM - 9:00 AM

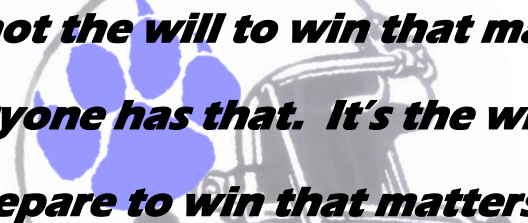
WHERE: DMS Football Field/Weight Room

Attendance is Mandatory for those wishing to play football.

### 2. DMS FOOTBALL PRACTICE STARTS

WHEN: TBD

WHERE: DMS Football Field

A faded image of a football helmet with a blue paw print on the side.

*"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~*