

DMHS MAROON RAIDERS

SUMMER ATHLETIC WORKOUT SCHEDULE

JUNE

SPORT	LOCATION	JUNE DATES	TIME
FOOTBALL	W.W. STADIUM	18, 19, 26 - 28	3:30 – 6:00 pm
GIRLS SOCCER	UPPER FIELD @ DMHS	19, 20, 26 - 28	3:00 – 5:00 pm
GIRLS VOLLEYBALL	MAIN GYM @ DMHS	26 & 28	9:00 am – 12:00 pm

JULY

SPORT	LOCATION	JULY DATES	TIME
FOOTBALL	W.W. STADIUM	3, 5, 10 – 12, 17 – 19, 24 - 26	3:30 – 6:00
GIRLS SOCCER	UPPER FIELD @ DMHS	10 – 12, 17 – 19, 24 - 26	5:30 – 7:15
GIRLS VOLLEYBALL	MAIN GYM @ DMHS	3, 5, 10, 12, 16, 19, 24 & 26	9:00 am – 12:00 pm

- **NO CONTACT PERIOD: FRIDAY, JULY 27 – SUNDAY, AUGUST 5**
 - **FIRST DAY OF FOOTBALL – MONDAY, AUGUST 6**
 - **FIRST DAY FOR OTHER FALL SPORTS: MONDAY, AUGUST 13**

For more info regarding specific sport, please contact listed coach:

- **Football – Sean O’Connor – sean.oc@verizon.net**
- **Girls Soccer: John LaRusso – jlarusso@epsd.org**
- **Girls Volleyball: Rachel Healy – rachel.healy04@gmail.com**
- **Director of Athletics: Richard Suchanski – rsuchanski@epsd.org**