

HJS Football – 2020

The attached information is our current plan for starting our Fall season. If these plans change due to State of Ohio/Ohio High School/Lakota/Greater Miami Conference recommendations, the changes will be posted to lakotaonline.com (Schools – Hopewell Junior -- Athletics) ASAP. We recommend you check the website throughout May, June and July for any updates.

Also, we encourage our future athletes begin some of the conditioning recommendations listed below so you will be physically prepared to begin your journey into Hopewell Junior Athletics. Go Hawks!!

SUGGESTED SUMMER WORKOUT PROGRAM

1. Push ups – 3 sets of 15
Body Squat – 3 sets of 15
Crunchies – 3 sets of 25
Chair Dips – 3 sets of 15
Walking lunges – 3 sets of 30 seconds

2. Chin ups (can be modified) 3 sets of 5 – 10 reps
Standing Walkout to push up position and back – 3 sets of 10
Leg Lifts – 3 sets of 15
Planks – 3 sets of 30
Toe Touches – 3 sets of 15
Step ups – 3 sets of 10 for each leg

3. Decline push up 3 sets of 15
Box jumps – 3 sets of 10
Heel raises – 3 sets of 15
Twist with a stick – side to side with a stick – 3 sets of 10
Hip Bridge – 3 sets of 10

Each group above (1, 2 or 3) can be done 1 or 2 times each week. Do not try to do all 3 groups every day. Rotate groups to allow rest and recovery for the targeted muscle groups. Your self-discipline and work ethic will help you prepare for the season.

Follow us on Twitter @hjsfootball



2020 HOPEWELL JR. FOOTBALL

We are excited to begin the 2020 football season here at Hopewell Jr. Our goal is to put a competitive team on the field for each of our games as well as teach the fundamentals of football. We believe that the incoming 7th graders playing football have a better start to the school year and feel that being a part of the team is a valuable experience in Jr. High.

Here are some important dates for you to remember.

- Lakota East Thunderhawks Football Camp – Dates TBA
- Summer Football Conditioning – July 22 – July 31 – 9:00 – 10:30 at HJS
- 1st Day of Practice – Monday, August 3rd 9:00 – 11:00
- Football Meet the Team Meeting – Monday, August 3rd, 7:00 in the HJS gym
- Physicals due – Monday, August 3rd
- Participation Fee due – Thursday, August 27
- 1st Game – Thursday, August 27

For any updates to our summer schedule, you can follow us on twitter @hjsfootball

If you have questions about the season, please contact Coach Lewis

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