



# Preston Football

*Accept the Challenge of Accountability and Responsibility*



## **PRESTON IRONWORKS**

Attention 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders interested in playing football (or any other sport) for the unified middle school football team (Squires) or the Preston High Knights. Weightlifting and conditioning will be held at Preston High School on Tuesdays and Thursdays from 3:30 to 5:30. Students must sign up at their middle school before they can attend. This will allow them to ride the school bus to Preston High School and ride the activity bus back to their home school in the evening. When students arrive at PHS they will report to Coach Tennant in the Weight Room. Interested students may start the program at any time.

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