

Bergen

TECH FOOTBALL



Mini Camp: June 20th, 21st, 22nd 3:30 – 5:30 @ BCA Hackensack... Returning Sophomores, Juniors, Seniors. *** Incoming Frosh start at July 2nd workouts.

Summer Workouts: BEGIN Monday, July 2nd. See Calendar for workout times, as days are not the same every week. It is *strongly recommended* that players make as many days as they can.

*7 on 7 tournament dates, times, and address also on summer calendar.

Important Pre-Season Dates:

- Mini Camp: June 20th, 21st, 22nd 3:30 – 5:30 @ BCA Hackensack... Returning Sophomores, Juniors, Seniors. *Frosh start at July 2nd workouts.
- July 3rd: Cedar Grove 7-7 @ Cedar Grove HS 4:30 pm
- July 11th: South Bergen 7-7 Shootout @ Riggin Field, Becton HS (East Rutherford) 3:00pm

Official Camp Start Date:

August 6th: Report at 7:15 am... BCA Hackensack... Released at 1 pm.

- Any questions please contact Head Coach Ryan Lynch @ ryalyn@bergen.org

Bergen Tech Football June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 Mini Camp @ BCA Hackensack 3:30 – 5:30	21 Mini Camp @ BCA Hackensack 3:30 – 5:30	22 Mini Camp @ BCA Hackensack 3:30 – 5:30	23
24	25 Graduation (OFF)	26 OFF	27 OFF	28 OFF	29 OFF	30 OFF

EVENTS

Mini Camp

Instructional time that includes skills and drills. Serves as a basic introduction and installation to our 2018 offensive and defensive sets. All returning sophomores, juniors, and seniors are strongly encouraged to be there.

For more info contact Coach Lynch at ryalyn@bergen.org

Bergen Tech Football

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 Conditioning 9 – 11:30 BCA Hackensack	3 7 on 7 @ Cedar Grove HS 4:30 pm	4 OFF	5 Conditioning 9 – 11:30 BCA Hackensack	6 OFF	7 OFF
8 OFF	9 Conditioning 9 – 11:30 BCA Hackensack	10 OFF	11 South Bergen 7-7 3:00 pm @ Riggin Field, East Rutherford	12 Conditioning 9 – 11:30 BCA Hackensack	13 OFF	14 OFF
15 OFF	16 OFF	17 Conditioning 9 – 11:30 BCA Hackensack	18 OFF	19 Conditioning 9 – 11:30 BCA Hackensack	20 OFF	21 OFF
22 OFF	23 Conditioning 9 – 11:30 BCA Hackensack	24 OFF	25 Conditioning 9 – 11:30 BCA Hackensack	26 Conditioning 9 – 11:30 BCA Hackensack	27 OFF	28 OFF
29 OFF	30 <i>BLACKOUT WEEK</i>	31 <i>BLACKOUT WEEK</i>	<i>BLACKOUT WEEK</i>	<i>BLACKOUT WEEK</i>	<i>BLACKOUT WEEK</i>	<i>BLACKOUT WEEK</i>

EVENTS

Cedar Grove 7 on 7

@ Cedar Grove High School
45 Rugby Rd. Cedar Grove, NJ

***MUST SUPPLY YOUR OWN RIDES**

***All potential Varsity athletes are expected to be there.**

South Bergen 7-7 Shootout

@ Riggin Field, East Rutherford NJ.
Union Ave and Hackensack Street.

***MUST SUPPLY YOUR OWN RIDES**

***All potential Varsity athletes are expected to be there.**

All other conditioning days

Highly recommended athletes attend as many sessions as possible. Consist of weight room and field work.

For more info contact Coach Lynch at ryalyn@bergen.org