



2019 Titans Football S&C Sessions

Cherokee is offering a skills and conditioning sessions for ALL kids (regardless of Association affiliation) interested in participating. The camp will be run by Titans coaches. This is a non-contact workout that will focus on developing position skills, conditioning, and increasing speed and agility.

We will begin the weekly program starting Saturday, June 15th and run through the August 3rd. The sessions begin at 9am and end at 10:30am at Trinity Episcopal School. (Drive past the school. Right at the stop sign. Practice field is on the left off the gravel drive.)

You do not need to pre-register. You can show up as you are available.

Proper attire includes tee shirt, shorts, cleats, and a water bottle. Also bring athletic shoes. If we have bad weather, we will workout in the gym.