



Varsity Summer Pride

Where Champions begin their days before 6:00 AM



Day 1, 6:00 AM, 5:00 AM downpour only made the conditions more steamy



The first 100 yard warm-up for the Big Guys. Senior, Cory Dorris in yellow leading the pack. A great way to start the summer



The first warm up run after stretches with more to come. This experience will pay off in 4th quarter in December.



6:15 AM, the Skills Guys get the plan from Coach Patterson.



The Juniors get ready to begin their circuit



Sophomores complete a circuit under the ever watchful eyes of Coach Patterson (on the stand) along with Coach Calabrese and Coach Trimble



Day 2 in the weight room



Start of Day 2.... After strech breakdown.... Ready for another day.





Football is played in the rain. There was no lack of rain for the first week of Summer Pride



Trojan "4th Quarter" Hill



Top of the Hill



The Monday morning track group was back for Week 2

