

# Sports



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## First DHS Football Meeting of the Year!

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MAY 15TH 2017 BY DEE LOFLIN

### First DHS Football Meeting of the Year!

Dexter, Missouri - The 2016-2017 academic school season will be over very soon; however coaches and athletes are already working towards their 2017-2018 sports' seasons. Coach Kevin Goltra held his first meeting with freshmen and new football athletes along with parents to explain the upcoming season and summer schedule.

Dexter will participate in the Sikeston 7 on 7, Farmington Camp and the SEMO Camp. The cost for both camps is around \$200 per athlete.

Coach Goltra also has text messaging for parents and athletes for reminders for practice or any changes in practice times/game times, etc.

Please contact him at (931) 209 - 3599 or email him at [kgoltra@dexter.k12.mo.us](mailto:kgoltra@dexter.k12.mo.us)

### **2017 Football Practice Schedule**

May 30th - All Day Football School 8 a.m. - 3 p.m.

May 31st - Evening Practice 5:00 p.m. - 7:30 p.m.

June 1st - Evening Practice 5:00 p.m. - 7:30 p.m.

June 7th and 9th - Evening Practice 5:00 p.m. - 7:30 p.m.

June 26th, 27th and 28th - Evening Practice 5:00 p.m. - 8:00 p.m.

Thursday, June 29th - @ Sikeston 7 on 7

June 30th - Evening Practice 5:00 p.m. - 8:00 p.m.

July 12th, 13th, 14th - Hell Week (SEMO Camp)

July 17th, 18th, 19th - Evening Practice 5:00 p.m. - 8:00 p.m.

July 20th and 21st Farmington Camp

July 24th - July 28th DEAD PERIOD

### **Summer Weight Schedule**

May 23rd Speed Agility - 6 a.m. - 11 a.m. 1 hour increments

May 24th Strength Training - 6 a.m. - 11 a.m. 1 hour increments

May 25th Speed Agility 6 a.m. - 11 a.m. and 6 p.m. - 7 p.m. 1 hour increments

May 26th Strength Training - 6 a.m. - 11 a.m. and 6 p.m. - 7 p.m. 1 hour increments

May 31st Strength Training - 6 a.m. - 11 a.m. 1 hour increments

June 1st Speed Agility - 6 a.m. - 11 a.m. 1 hour increments

June 2nd Strength Training 6 a.m. - 11 a.m. and 6 p.m. - 7 p.m. 1 hour increments

June 5th Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

June 6th Speed Agility - 6 a.m. - 11 a.m. - 1 hour increments

June 7th Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

June 8th Speed Agility - 6 a.m. - 11 a.m. and 6 p.m. - 7 p.m. - 1 hour increments

June 9th Strength Training - 6 am. - 11 a.m. - 1 hour increments

June 12th Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

June 13th Speed Agility - 6 a.m. - 11 a.m. - 1 hour increments

June 14th Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

June 15th Speed Agility - 6 a.m. - 11 a.m. and 7 p.m. - 7 p.m. - 1 hour increments

June 16th Strength Training - 6 a.m. - 11 a.m. and 7 p.m. - 7 p.m. - 1 hour increments

June 19th Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

June 20th Speed Agility - 6 a.m. - 11 a.m. - 1 hour increments

June 21st Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

June 22nd Speed Agility - 6 a.m. - 11 a.m. and 7 p.m. - 7 p.m. - 1 hour increments

June 23rd Strength Training - 6 a.m. - 11 a.m. and 7 p.m. - 7 p.m. - 1 hour increments

June 26th Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

June 27th Speed Agility 6 a.m. - 11 a.m. - 1 hour increments

June 28th Strength Training 6 a.m. - 11 a.m. - 1 hour increments

June 29th Speed Agility - 6 p.m. - 7 p.m. (no morning hours)

June 30th Strength Training - 6 a.m. - 11 a.m. - 1 hour increments

July 3rd Strength Training 6 a.m. - 11 a.m.

July 5th Strength Training 6 a.m. - 11 a.m.

July 6 Speed Agility 6 a.m. - 11 a.m. and 6 p.m. - 7 p.m.

July 7th Strength Training 6 a.m. - 11 a.m. and 6 p.m. - 7 p.m.

July 10th Strength Training 6 a.m. - 11 a.m.

July 11th Speed Agility 6 a.m. - 11 a.m.

July 17th Strength Training 6 a.m. - 11 a.m.

July 18th Speed Agility 6 a.m. - 11 a.m.

July 19th Strength Training 6 a.m. - 11 a.m.

July 20th Speed Agility - 6 a.m. - 11 a.m.

July 21st Strength Training 6 a.m. - 11 a.m.

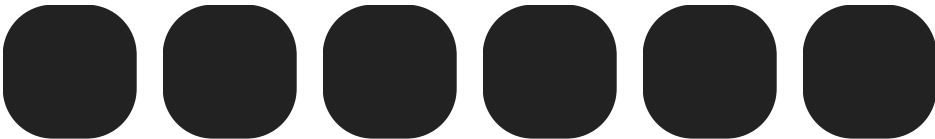
July 24th - 28th Dead Period

The 2017 Dexter High School Football season will kick off at home against the Ste. Genevieve Dragons on Friday, August 18, 2017 in Class 3, District 1.

LAST UPDATED ON MAY 15TH 2017 BY DEE LOFLIN

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