

2023 Blue Demon Football Summer Voluntary Workout Schedule

Voluntary summer football workouts begin on Tuesday, July 11th, 2023 at Granite Falls Middle School. Sessions will be from 5:00 pm until 7:00 pm on Tuesdays and Thursdays through August 10th. Workouts will consist of an hour of weight training and an hour of conditioning. Some position specific drills may be added. We look forward to seeing everyone there. Workouts will be closed to spectators.

Schedule is subject to change. Any updates will be communicated through email, on the TalkingPoints app, and on the GFMS Football page on the school website.