



2024 EAST BURKE FOOTBALL EVENTS

OFF-SEASON WEIGHTS/CLASSROOM ACCOUNTABILITY: January-June

After school Workouts are Mon.Wed.Thurs. for those not in weight training class. 3:00-4:00pm

“BLUE DAWN”: April-May

Speed Development Tuesdays and Fridays 6:30am

SPRING FOOTBALL PRACTICE: May 1st - 16th

Practice is 3:30-5:30pm for 10 Days

FCA TEAM CAMP: “Tentatively” June 20th – 22nd

Rising 10th-12th graders (unless given permission to attend) @ Gardner-Webb or LR University

SUMMER WORKOUTS: June 4th Weightroom Intro

Workouts are Tuesday Wednesday Thursday from 7:45am-11am

Summer DEAD Periods: July 1-7 and 15-21

TEAM MINI-CAMP: July 23rd - 25th

Tuesday-Wednesday-Thursday 7:45am-12Noon

FOOTBALL OFFICIAL PRACTICE: July 31st

First Official Practice July 31st-Check-in at the fieldhouse by 7:45am

Team Website: EastBurkeFootball.com Twitter/Instagram: @EastBurkeFB

Facebook: @EastBurkeFootball

Earn Your SWORDS: Serve Others – Work to Win – Ownership – Reliability – Discipline - Sacrifice