

McQueen High School Football Summer Weights and Conditioning 2025



Nevada State Champions-
1990, 1992, 1997, 2000, 2002, 2008

Northern Nevada Regional Champions-
1990, 1992, 1993, 1996, 1997, 1999, 2000, 2001,
2002, 2007, 2008, 2010, 2021

This summer the McQueen High School Football team will be conducting a 5-week camp in preparation for a very successful season. All prospective 2025 Lancer football players are expected to attend **June 23 – July 23**. Each student who completes the 60 hours will receive a ½ PE credit. The camp will take place every Monday, Tuesday, Wednesday, and Thursday during which the players will be lifting, conditioning, and working on individual and team skills.

JUNE						
S	M	T	W	T	F	S
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

(Classes do not meet on shaded days)

Times: All levels – 5:00 – 8:30 pm (Non-shaded days ONLY)

Monday, July 28 – FIRST OFFICIAL DAY OF FALL PRACTICE (Helmets ONLY)

7/28 and 7/29 – Helmets

7/30, 7/31 and 8/1 – Shells (Shoulder pads and helmets)

Saturday 8/2 – First Fully-padded practice

times TBD

Note: McQueen will also compete in 7on7 passing tournaments over the summer (TBD)

Cost: \$100 – please pay the McQueen Football Family (not the McQueen bookkeeper). This money is how we will pay our coaches for their time this summer.

For more information, please contact
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