

FRESHMAN FOOTBALL

**SUMMER CAMP STARTS MONDAY, JUNE 7TH!
MONDAY-THURSDAY 1:30-5:30 PM**

MUST BRING:

YOUR OWN WATER JUG!!

Cleats

Spirit pack clothing

Athletic running shoes (for weight room)

SCHEDULE

WEIGHT ROOM 1:30 PM - 2:30 PM

FIELD 3:15 PM - 5:30 PM



TO DO (ASAP):

- Buy spirit pack
- Get physical
- Create an account on AthleticClearance.com
- Upload insurance and physical to AthleticClearance.com
- Purchase ASB card (\$55) to get cleared for athletics

IMPORTANT DATES

7/1: Passing Tournament @ Upland HS

7/16: Passing Tournament @ Norco HS

7/29: Fall Camp Starts! First day in helmets (7 am)

8/13: First scrimmage vs Monrovia (3 pm)

8/19: First game @ La Puente (3:15 pm)



FUNDRAISERS

Discount cards (must sell 10 cards minimum)

Snap! Raise fundraiser (must have 10 emails minimum)

Donations for program/Shout outs (must have 2)

ANY QUESTIONS?

Contact Coach Perez, Head Football Coach:

Email: mperez@c-vusd.org

Phone: 626.422.4040