



# CABRILLO HIGH SCHOOL

4350 Constellation Rd. • Lompoc, CA 93436 • (805) 742-2900 • FAX (805) 733-4156

Dear Future Cabrillo Football Family,

I hope this letter finds your preparation for this 2019 Fall Football Season helpful. The purpose of this letter is to welcome you and inform you of up and coming Cabrillo Conquistadores High School football events. We wanted to send you this letter in hopes that when you join our football family for the 2019 season you have a working knowledge of expectations, and timeframes for our program.

**Expectations:** Your student-athlete is to make every practice, be on time and be committed throughout the practice. Practice is not optional, to play football you must make the commitment to be at all football functions. It is the Athlete's responsibility to contact their head coach to inform them about missing practice. If any emergency comes up Parents are encouraged to contact the coach to inform them. Any missed practice regardless of the reason must be made up to ensure conditioning is completed. Football isn't a part time sport. It requires physical and mental conditioning, and any missed practice will be made up.

A missed practice, (unexcused), will result in missed playing time in that week's game. For every missed practice in the fall, you will miss a quarter of that game. We have 4 days of practice and play 4 quarters. Missing Practice for an excused reason, and/or Injury will be worked through by the medical team, head coach, and athlete and would likely not result in missed playing time.

**We only wear black Football cleats.** Only White, Grey or Gold accents in the cleats are acceptable. If you purchased white cleats, the Athlete must spat/boot tape in black tape for games. Black laces will be worn as well. **Visors** must be clear and follow CIF SS blue book, and NFHS football Rules. At no time will any jewelry be worn during practice or games. If you are going to wear gloves, the colors are to be White, Black, or Grey. Any additional gear to be worn back pad, rib pads, neck pads must be worn during practice to ensure proper fit, and safety.

During the Fall season we will practice every Saturday morning throughout the season – Saturdays are Recovery days which includes (lifting weights, stretching and film study). Freshmen Play on Thursdays and will recover on Friday Unless playing with JV on Friday. VAR/JV will do so on Saturdays unless playing a game on Thursday.

**We will practice on Labor Day and Veteran's Day.** Including Thanksgiving during the playoffs - Schedule TBA

**Academic Standing Required to Play Football:**

**You must maintain a minimum 2.0 GPA throughout your High School Career to be eligible to play football. We expect you to compete in the classroom at 3.0+ GPA level or better, College Recruiters first questions are "How are your athlete's grades".**

**Playing is a privilege, and not meeting Minimum academic requirements of a 2.0 GPA will result in being academically ineligible to compete.**

Summer Gear Packs will consist of a Compression Top, and Shorts. This is the uniform for all practices without pads. The top and shorts are \$20 each. Uniform for summer if a gear pack is not purchased, Black Shirt, and Shorts, Cleats, Mouth Piece, and Girdle.

**Parent Responsibility** – Be active in supporting our athletes and be a part of the program.

Represent our Program with dignity and respect. Please encourage and cheer on our coaches and players.

Any inappropriate conduct, and/or divisive conduct will be dealt with by the Head Varsity Football Coach, and the Schools Administration.

I look forward to welcoming you into the Cabrillo Football Family.

AJ Pateras  
Head Varsity Football Coach  
Cabrillo High School  
[pateras.alexandros@lUSD.org](mailto:pateras.alexandros@lUSD.org)  
805-216-5636