

Head Varsity Football Coach AJ Pateras  
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**Freshmen Orientation Thursday May 23rd @ 5pm-6pm Cabrillo Cafeteria**

Collect practice schedules, purchase Spirit packs, meet the Freshmen Coaching staff, Meet and Connect with the Booster club, Learn about the structure of our Program, and expectations as you enter into the Cabrillo Football Family.

**1st Day of Cabrillo Football Summer Practice Monday July 8th**

Practices are crucial for the development and preparation for the upcoming season. Regular attendance is part of the commitment needed to maintain a good standing within the football program. A missed practice must be communicated by the player to the head coach prior to missing a practice.

**All Players are required to have a doctor's physical prior to the first practice!!**

All players participating in high school sports must be cleared by a doctor's physical prior to practicing on the field. If you need a physical, we will be offering one in May, and will communicate via Online the time and day. You may also make an appointment with your own physician. However, it is unacceptable for players to miss practice time while waiting for appointments! Please arrange to have a physical completed prior to June 25th. Physicals are good for 1 year..

**For updated and current information visit our website [Cabrillofootball.com](http://Cabrillofootball.com)**

**Physicals:**

A physical is needed for players to participate in practice. If you receive a physical at your own doctor prior to the meeting, please bring physical paperwork signed by your doctor to the meeting so it can be include in the school clearance packet.

**Summer Gear Packs: (summer practice uniform)**

Will be on sale for \$40 payable by cash, or check at the meeting. Summer practice gear is a Compression Top and Shorts with Football Logos on each. (recommended for summer practice and non-pad practices) If you do not purchase the gear packs, the uniform will be Black Shirt, Black Shorts, Girdle, Mouth Piece, and Black Cleats. Fall Gear Packs will be opened in July as part of the Fall Team Store.

**Clearance Packet Forms Needed To Play:**

Clearance forms will be available at the meeting for all parents and players to review, sign and complete. This packet includes: Code of conduct, concussion, athletic/academic policies, emergency card and physical form. This packet also requires health insurance information. If you do not have insurance we will have contact information for school coverage. It is important that all forms be filled out at the meeting. Please remember to bring insurance information and doctors completed physical form if one was completed prior to meeting

**Calendar For 2019 Season:**

There will be a practice and game schedule handed out at Freshman Orientation

**Cabrillo Football Boosters and Coaching Staff:**

Meet the coaching staff. Learn about what the boosters have to say and how they help our Program.

**Dates To Remember**

- **May 23rd**                      **Parent-Player Meeting and Sign Ups 5pm Cabrillo Cafeteria**
- **July 8th - July 26th**        **Summer Football Practice**
- **June 10th-June 28th**       **Dead Period/ Conditioning 3x a week (Weight Room)**
- **June 10th**                    **Freshmen are allowed to attend Open Weight Room during the Dead Period**
- **July 29th**                    **Start of Fall Football Practice**