

STALLION FOOTBALL

2019 CIF-SS CHAMPIONS



§ LEAGUE CHAMPIONS ○ 2013 ○ 2018 ○ 2019 ○ 2022 §

2023 INCOMING FRESHMEN FOOTBALL PREPARATION PLAN

FEBRUARY – MARCH:

- Strength & Speed Clinic #2 – 2/13 through 3/29 (Every Monday & Wednesday 5:30 – 6:30pm)
- Youth Football Camp - Friday, February 24th, 6:30 – 8:00pm (3rd – 8th Grade)
- School of Choice Window (Feb 1st – Mar 3rd)

<https://www.capousd.org/subsites/Safety--Student-Services/Student-Placement/School-of-Choice/index.html>

APRIL – MAY:

- Strength & Speed Clinic #3 – 4/10 through 5/17 (Every Monday & Wednesday 5:30 – 6:30pm)
- Football Parent Meeting on May 2nd @ 6:00pm in the SJHHS Theater Conference Room
 - This meeting is mandatory and important to receive all the needed information regarding Stallion Football
 - Check www.sjhstallions.com/fbsummercamp for time, location, and other information
- Athletic Physical Night: Wednesday, May 24th
 - Incoming Freshmen: 7:00pm (\$40 to support SJH Athletic Training)

JUNE – JULY:

- Freshmen Summer Football Camp
 - June 19th – July 13th (Mon/Tue/Wed/Thurs) 4:00 – 7:00pm
- Football Dead Period (No practice – Vacation Time)
 - June 3rd – 18th
 - July 14th – July 26th
- Fall Camp begins July 27th (Times TBA)
 - **Mandatory** practice Monday through Saturday
 - CIF regulations require each player to have 10 practices in pads before being allowed to play in a scrimmage or in a game

AUGUST:

- First day of School – Tuesday, August 15th
- First Freshmen game – Friday, August 17th

For general information regarding San Juan Hills Football, www.sjhstallions.com/sjhfootball

RIDE FOR THE BRAND