



# Chico High Freshman Football

It is highly recommended that your child receives a physical before beginning our summer program but physicals are not mandatory until practice starts on August 10<sup>th</sup>. Physicals must be completed on the District form which can be obtained at Chico High. There is a physical night **May 22<sup>nd</sup>, 6:00pm @ Chico High.**

## Iron Man Lifting and Conditioning

- Starts Tuesday June 11<sup>th</sup>
- Tuesday- Wednesday- Thursday 9:00-10:30
  - @ **Chico High Gym (wear athletic attire)**

## “Big Red” Football Camp @ Chico High

- Monday August 5<sup>th</sup> – Friday August 9<sup>th</sup>
- 8:30am-12:00pm (**30 minute break between sessions**)
  - Helmet and shoulder pads will be worn (issued by Chico High Football Staff).
  - Football cleats are highly recommended.
- **Cost \$75** (Checks made out to **Chico High Football**)
  - Includes T-Shirt
- This camp is not mandatory but **highly recommended** for team and skill development.

**Must have physical on file to participate**

## Football Starts (Mandatory Attendance to play)

- **Fall Football:** Monday August 12<sup>th</sup> – Friday August 23<sup>rd</sup>
    - “Pre Season” Practice at CHS. Times TBA
    - Scrimmage on August 23. Must have 10 practices.
    - First game on August 30. Must have 15 practices
- \*Must have completed CUSD physical form turned into Athletic Secretary to participate**