



2024

# Chico High Freshman Football

Every student-athlete must have a **Sports physical** before beginning the summer program. A Physician must complete the official District form which can be obtained at Chico High and on the Chico High website.

*Sports Physical Night on Chico High Campus May 15<sup>th</sup> at 6:00 p.m.*

## Panther Football Strength & Conditioning

- Starts Tuesday June 11th
- Tuesday- Wednesday- Thursday *Times are TBD (check website)*
  - @ **Chico High Weight Room (wear athletic attire)**

## “Big Red” Football Camp @ Chico High

- Monday July 29 thru Thursday August 1
- 6:00pm-9:00pm (in the Panther Stadium)
  - This is a non-padded camp
  - Football cleats are highly recommended.
- **Cost \$125** (Checks made out to **Chico High Football**)
  - Includes football spirit pack (T-Shirt, Shorts & Practice Jersey)
  - Football Gear will be issued at the end of camp for players who continue to play at Chico High
- 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 5<sup>th</sup>
  - **Mandatory** Practice time TBA
  - **Must have physical on file to participate**

**Scrimmage on Friday August 16** *Every player needs to have 10 practices to participate*

**First Game at Home at Nevada Union on Thursday, August 22**

*Every player needs to have 15 practices to participate*