



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 10th. Physicals must be completed on the District form which can be obtained at Chico High. There is a physical night **May 22nd, 6:30 @ Chico High.**

Iron Man Lifting and Conditioning

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

“Big Red” Football Camp @ Chico High

- Monday August 5th – Friday August 9th
- 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 12th – Friday August 23rd
 - “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**