



El Capitan Football

10410 Ashwood St

Lakeside, Ca 92040

619-938-9275

www.elcapfootball.org

Important Dates:

Vacation period (No Contact Period)

July 25th through August 8th

***Athletic Clearance and Equipment Distribution
(DON'T BE LATE OR YOU WAIT UNTIL THE END)***

MONDAY, August 8th –

8 am Varsity

9:00 am JV

10:00 am Freshman

***(Make sure you have your physical papers
and all clearance papers completely filled out) Available online***

Spirit Pack (football) sales/pick up \$150

Monday, August 8th (coaches office)

**Football Starts Annual Run through Downtown Lakeside
All Levels (bring running shoes)**

August 8th - 5 pm

**There will be El Cap Merchandise for sale at Eastbound Grill
On Main Street beginning at 4pm.**

Mandatory Parent Meeting after the run at the rodeo grounds

August 8th 6:30pm

Gold Card Fundraiser starts

***Monday, August 8th
After clearance***

Turn in Ads for Program

***Monday, August 8th
After clearance***

Football Practices start August 9th at 3pm for all levels,

August 9th

***TEAM BREAKFAST
All Levels***

***Saturday, August 13
8:30 am Rodeo Grounds***

Gold Card Blitz (all levels)

***Saturday, August 13
9am-noon (coach Office)***

***Camp Vaquero (All Day and Night, so plan accordingly) August 19th, 20th and 21st
Mandatory for all Varsity Players (camping in the mountains) Details to follow***