



**El Capitan Football**

10410 Ashwood St  
Lakeside, Ca 92040  
619-938-9275

***Important Dates:***

**Physicals at El Capitan**

*(get them done NOW, Don't Wait)*

*Wednesday, July 7 at 1:00pm*

*(\$20 Cash only) Health Office*

**Summer Lifting**

*(June 28-July23) Do Not Miss  
Mandatory work outs with team*

*Varsity Skills (M, Tu, Fri 1:00-3:00pm)*

*JV Skills (M,Tu, Th, Fri 1:00-3:00pm)*

*All Lineman (M,Tu,Th,Fri 2:00-4:30pm)*

**Summer Practice days**

*Stadium Field – Wednesdays 5:00-6:30p*

*Lineman with Coach Rich*

**Passing League Dates**

*See Attached Sheet for dates and times*

**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 9<sup>th</sup> –*

*8 am Varsity*

*9:30 am JV*

*10:30 am Freshman*

*Tuesday and Wednesday Mornings are make-ups  
But who knows what equipment is left.*

**Football Starts Annual Run through Downtown Lakeside**

*August 11<sup>th</sup> - 4pm*

*Football Practices start August 12,*

*Camp Vaquero (All Day and Night, so plan accordingly)  
(Varsity Only)*

*August 12<sup>th</sup>, 13<sup>th</sup> and 14th*

***PASSING LEAGUE GAMES AND TOURNAMENTS – Varsity Only***

***June 11 and 12***

***SDSU Tournament***

***June 15<sup>th</sup>***

***At Del Norte 4:30 PM***

***June 29<sup>th</sup>***

***At El Cap 4:00 pm***

***(Santana, ECV, Christian)***

***July 1***

***At Point Loma 4:00 pm***

***July 6***

***At Grossmont 4:00 pm***

***(Helix, Grossmont, Henry)***

***July 8***

***At Valhalla 4:00pm***

***July 9 and 10***

***Southwestern Tournament(Times TBA)***

***July 13***

***At Helix 4:00 pm***

***(Henry, Serra, Helix)***

***July 20***

***At Scripps Ranch @ 4:30 pm***