



El Capitan Football

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

Important Dates:

Spring Football starts –

***Friday, May 15 through May 29
11 days total***

***5th Annual Black-Gold Game
(BBQ – Parent Meeting etc)***

Friday May 29, 6:00 pm

Vaquero(Spirit) Pack/Speed money Due (\$200)

Friday, May 22

Freshman Football Camp

June 22-26 – June29- 30

Physicals at El Capitan

***Wednesday, June 10th
Wrestling Room 11am \$20 CASH***

Summer Lifting starts

Monday, June 8th

Vacation period (No Contact Period)

July 26th through August 9th

Athletic Clearance and Equipment Distribution

***August 11th –
8 am Varsity
9 am JV
10 am Freshman***

Football Starts

August 13th

Camp Vaquero

August 13th, 14th and 15th

Vaquero (Spirit) Pack Due -

\$200 total (Includes Speed Camp)