

El Capitan Football

Important Dates

IMPORTANT DATES

June 9th	Summer Lifting Begins
June 9th	LAST DAY to turn in SUPERBOWL ticket
June 9th	Lift A thon Packets handed out
June 23rd—July 2nd	Freshman Camp
June 25th	Physicals at El Cap (\$20) at 12:00 pm
July 9th	Lift-a-thon for Varsity and JV!!
July 23rd—Aug 2nd	No Contact (Time for Vacation!)
Aug 6th	8am—Varsity Clearance
Aug 6th	9am—Jr. Varsity Clearance
Aug 6th	10am—Freshman Clearance
Aug 7th	Practice Begins
Aug 18th	School Begins
Aug 29th & 30th	Scrimmages



All information throughout the year will be updated on the website

www.elcapfootball.org