



La Costa Canyon High School  
Freshmen Football Info Sheet  
NO Experience Necessary, All are Welcome!

**Important Dates**

**\* Our football program would ask that you would avoid conflicts with our summer program dates, as they are important building blocks to our program. Dead Period July 25<sup>th</sup> to August 7<sup>th</sup>, is a great time to schedule family vacations b/c there are not any conflicts with football.**

April 21<sup>st</sup> 6:00 pm

Football Kick Off Meeting and BBQ at La Costa Canyon's Gym.

First Official Meeting of the Year, Head Coach addresses the Community to talk about upcoming season, Registration Information, Equipment Info, Spirit Wear, etc...

June 10<sup>th</sup> 3:30 pm

Final Spring Practice for Current High School Players

At La Costa Canyon, on the football field. Come and watch the current high school players in their final Spring Practice of the year and support the JV and Varsity Mavericks of next year!

June 20<sup>th</sup> – July 21<sup>st</sup>

Summer Football Camp Starts.

Start training to be a Maverick Football Player! Camp is held at La Costa Canyon, meeting on the Football Field first for every session. The Camp Runs Monday, Tuesday, Wednesday, Thursday from 20<sup>th</sup> of June to the 21<sup>st</sup> of July. From 10:00am to 12:30.

Bring Cleats and Running Shoes, and Water for Camp Practices (45 Minutes Weights, 45 Minutes Run/Plyo, 45 Minutes Football Fundamentals)

July 21<sup>st</sup>

Equipment Hand Out

Mandatory! All Frosh Players will receive their gear after Our Final Camp workout, at 12:30. No exceptions, all must attend.

July 25<sup>th</sup> – Aug 7<sup>th</sup>

Dead Period

This is the time in the summer where WE (LCC Football) cannot have contact with our players.

***This is a good time to schedule family vacations.***

August 8<sup>th</sup>

Fall Camp Begins! Practice time and Details to be determined.

This is our Mandatory Practices for all Freshmen Participants. On The Third Day of Camp we will be in Full Pads. Do Not Miss Any Of These Practices.

Check [www.lccfootball.com](http://www.lccfootball.com) periodically for regular updates on our Calendar and all of your La Costa Canyon High School football questions and needs!

Questions Email to [lccmavfootball@gmail.com](mailto:lccmavfootball@gmail.com) or call Coach Sovacool at 760-436-6136 ext 6186

Go Mavericks!!!