San Marcos Football Information

MARCH

Football Signups

- If you ***have not*** already done so please visit the San Marcos Football Google Form to signup
- You will be asked to provide athlete and parent information

https://docs.google.com/forms/d/e/1FAIpQLScr7_VFD7fjiVMpDdRXqOZehvQNuqkLf9y1ERua5s27PS70SA/viewform

Off season 5th and 6th period Training starting March 25th

- Monday- Full Body weight room
- Tuesday- Field Training
- Wednesday/Thursday- Upper Body weight room and Indies / 7 on 7
- Friday- Lower Body weight room

APRIL

Wednesday Night Fundamental starting April 10th from 3:30-4:30 on the upper field (Current 9-12 graders)

- Position specific fundamental training every Wednesday. Bring cleats and water.

Buster Club Meeting- April 17th at 6:30pm in room 667 (right next to weight room in Knight Center)

- Parents interested in being involved in ANY level please attend for more information

MAY

ALL Football Families Meet the Coaches Night- Wednesday, May 8th in the Gym at 6:30pm

- All current and incoming players and parents on the team should be here

Spring Ball Schedule- Start on Monday May 13th and ends on Thursday June 6th

- Practices will be Monday-Thursday on upper fields or turf
  - All 4 weeks 4-6:30 with Chalk talk at 3:15
- No practice on Monday May 27th
- Bring 3 ring binder and writing utensil to all chalk talk meetings
- All athletes should have cleats and be well nourished

Sports Physicals at SMHS on Thursday May 23rd in the training room starting at 5pm

- You will need to pick up a blue book from the front office, AD's office, or Paul Savage the AT
- Cost is $25 and profits go to San Marcos AT fund
- Physicals and Blue Books are due by July 31st

JUNE

Incoming Freshman Football Fundamental Night

- Monday June 10th and Tuesday June 11th from 4-6:30 at San Marcos High School on the upper fields.
  - All are welcome to attend
  - Bring cleats and water
- This is the first event that incoming freshman are allowed to participate in

Lift-a-Thon- Thursday June 13th

- 3-5pm in the Knights Center a Bench Press Lift-a-Thon for incoming 10th-12th players
- Incoming freshman come and watch

Freshman Weight Room Orientation Thursday June 13th

- 5-7pm in the Weight Room. Bring sneakers and athletic apparel.

Summer Schedule- Starts Monday, June 17th and ends on July 12th (No Football on July 4th)

- Lifting / Field Training (Please show up on the turf ***30 minutes*** early for Zero Period)
- On the Turf except for week 1 we will be on the upper field
  - Mondays: 9am-11am (Upper Body / Field Training)
  - Tuesday: 3-6pm (Lower Body / Indies / 7 on 7s)
  - Thursday: 3-5pm (Indies / 7 on 7 / Competitions)
    - Thursday: 5-6 (Possible 7 on 7 vs local team) *V/JV Skill positions only
  - Friday: 9am-11am (Full Body / Field Training)

7 on 7 Tournaments VARSITY ONLY

- VARSITY Escondido: June 2nd
- VARSITY San Diego State: June 14th and 15th
- VARSITY La Costa Canyon: June 22nd 8-5pm
- JV Battle of the Mountain 7 on 7 at Ramona High School Saturday 29th from 8am-4pm

JULY

No Contact Period- July 14th-28th "Success is no accident"

- A daily workout schedule will be provided to all players at the end of the summer

Equipment handout- This will happen all summer after workouts

- All equipment will be handed out by Paul Savage our athletics trainer. He will select a small group each day starting with seniors.
- Make-up Equipment Pickup day- July 29th from 9am-4pm with Paul Savage

AUGUST

Football Doubles start Friday, August 1st - August 14th

- Aug. 1st Midnight Madness- 12am-2am 2019 Varsity and JV only
- Aug. 1st Incoming Freshman first practice- 3:30-6pm
- Doubles: (3.5 total hours)
  - 9-10am and 3:30-6pm
- Singles: (2.5 total hours)
  - Varsity and JV- 9:30am-12pm
  - Freshman- 3:30-6pm
- Athletes should show up an hour in advance to get treatment and get suited up for practice
- Athletes are required to bring a three-ring binder and something to write with. They also need cleats and sneakers and should be well nourished and hydrated.
- See other calendar for daily details

San Marcos Football Summer Kick Off Party- Saturday, August 3rd at 6:30pm. Location TBD

- This Party/Auction is for Adults (21 and older) and we encourage all football parents, family members, and fiends to attend
- Tickets will be sold in the coming weeks

SNAP Fundraiser KICK-OFF Monday Aug. 5th at 10:30am (28-day campaign ending on Sept. 2nd)

- Athlete meeting with SNAP to explain fundraiser on Monday July 8th at 11am on turf after workouts

Drink Donations will be Monday August 5th and Tuesday 6th from 3-4 and 5:30-6:30 at the Stadium

- Please contact Tara.razi@smusd.org if you have specific question about the Snack Bar
- These drills will help raise money for the football program

Picture Day- August 3rd Please show up by:

- 8:15am Varsity, 8:30am JV, 9:00 am Freshman

Fall Regular Season Football Practice Schedule (SUBJECT TO CHANGE)

Monday: V/JV 3-6pm Turf Field	FR 3:30-6pm Upper Field (Full)
Tuesday: V/JV 5-8pm Turf Field	FR 3:30-6pm Upper Field (Half)
Wednesday: V/JV 3:30-6:30pm Upper Field	FR 3:30-6pm Upper Field (Half)
Thursday: V/JV 3-5pm (Turf Field 3-4pm & Film 4-5pm)	FR Game Day 5pm
Friday: V 7pm / JV 4:30pm Game Day!	FR TBD
Saturday: V/JV 9:30am-12pm Film, Lift, Walk through	FR No Practice

Fall Regular Season Football Schedule

- **JV- 4:30pm, V- 7pm**
- **Fr- Games are Thursdays a day before Varsity and will be at the opposite site at 5pm**

Rough Draft:

- Aug 17th Varsity Scrimmage vs. Lincoln at Hilltop High School for the Kick-off Classic (time-7:30pm)
- JV/FR Scrimmage TBD
- Aug 23rd @ Otay Ranch
- Aug 30th Mira Mesa
- Sept 6th Oceanside
- Sept 13th BYE
- Sept 20th @ Carlsbad
- Sept 27th Mt. Carmel
- Oct 4th @ La Costa Canyon
- Oct 11th El Camino (Homecoming)
- Oct 18th Torrey Pines (Senior Knight!)
- Oct 25th @ Westview
- Nov 1st @ Mission Hills

Communication-

- Please email me at derek.stank@smusd.org if not on the football email list
- I will also be using Twitter, Facebook, Remind to send out information.
  - Facebook- @sanmarcosfootball
  - Twitter- @SanMarcosFBall