

Welcome to the 2018 Football Season

We are looking forward to a great and exciting season ahead. We will be one of 18 teams in Division 1. We are a part of the Baseline League, which is always one of the top leagues in the Inland Empire.

Summer practice will start Monday June 4th. We will be in the weight room the first half of practice followed by field work. We will be practicing Monday-Thursday 3 - 5:30 pm, throughout June. We will be working on our base offense and defense, with other football fundamentals. In the weight room we will be working on the basics, concentrating on form and proper technique. All players should be dressed in athletic shorts, t-shirts, and shoes/cleats.

There will be a parent meeting on June 7th following practice. During this meeting we will be covering spirit pack information and fundraising. All players and families are asked to participate in fundraising. Fundraising is a necessary aspect for our program to be successful.

Our dead period will start July 1st. This will be the ideal time to go on summer vacations.

Football will resume July 23rd. The first regular season game this year is on August 16th versus Roosevelt (Eastvale).

I am excited to get this season under way. Go Cougars!



Rancho Cucamonga High School Youth Football Camp

Open to all Current 6th, 7th, & 8th Graders

Where: Rancho Cucamonga High School's Football Stadium

When: 5:15 - 6:45PM on May 3, 10, and 17
5:45 - 7:15PM on May 30

Following RCHS Spring Football Practices

Cost: \$20 Per Day or All Four Days for \$70
Cash or Credit Card Only

RSVP PRIOR TO CAMP mark.verti@cjuhsd.net



This is a unique opportunity for all Junior High/Middle School student-athletes to gain a competitive edge in their athletic development for high school football. This camp will focus on the development of football skills while emphasizing safety through proper technique. Each session will focus on different aspects of the game of football. Campers are expected to wear athletic shorts, t-shirt, and football cleats or athletic shoes.

Athlete's Name _____ Age _____ Grade in Fall of 2018 _____

Parent's Name _____ Contact Phone _____

Email Address: _____

Emergency

Contact _____ Phone: _____

Medical Conditions: _____

Medical

Insurance: _____ Policy# _____

I hereby authorize the director, staff, and volunteers of RCHSSYFC to act for me according to their best judgment in any emergency medical situation. I hereby waive, release, exonerate, and discharge the Rancho Cucamonga HS and CJUHSD and the Director of the RCHSYFC and all its volunteers from any and all actions or causes known or unknown, from any injuries incurred in camp, or on the way to and/or from camp. Costs for treatment of injuries and hospitalization for illness or injuries incurred during the Football Camp will be the responsibility of the parent or guardian of the participant. I certify that my child is healthy, and has no injury or illness which would limit his participation. I also understand that no refunds will be offered for the camp.

Signature of

Parent/Guardian _____ Date _____