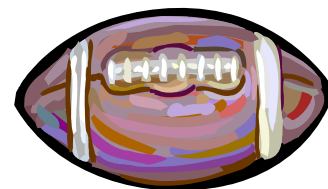
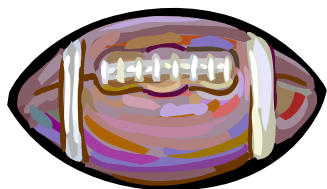


ALISO NIGUEL HIGH SCHOOL

2019 Summer Football Program



Players will learn and develop football skills doing a variety of drills on Mondays, Wednesdays and Fridays, including advanced offensive and defensive schemes for Aliso Niguel. Speed development, plyometrics and conditioning will be emphasized on Tuesdays and Thursdays to prepare the players for the upcoming fall season. Special team skills such as punting and place kicking will also be taught. Players need to be ready to learn, work hard and have fun under the direction of the Wolverine football staff. Included will be passing league games and tournaments.

Who:

10th – 12th graders in 2019-2020

Where:

Aliso Niguel High – Stadium & Weight Room

When:

Monday, June 24st – Friday, July 19th

Times:

Monday through Friday: 7:30 – 10:30am

Bring:

Shorts, shirt, athletic shoes and cleats if you have them and completed 2019-2020 athletic clearance packet on file

Athletic clearance packets can be found online at:

www.athleticclearance.com

Registration:

ONLINE at: <http://www.alisoniguelfootball.com/>

Requested Donation:

\$325 - payment online at: <http://www.alisoniguelfootball.com/>

For addition information, please email: kjwestling@capousd.org

**** Please schedule summer vacations either 6/8 – 6/23 or 7/20 – 8/4**

Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.