**SDHS FOOTBALL**

**CIF Champs 2009 & 2013**

**CIF Finalist 2015**



2016 INFORMATION

FIND IT ON OUR WEBSITE……………...sandimasfootball.com

-OUR FOOTBALL CALENDAR (FEBRUARY-DECEMBER)

-DATES & TIMES

-CAMP INFORMATION

-CONTACT INFORMATION: San Dimas High School 800 W. Covina Blvd. San Dimas, CA 91773

**FOOTBALL OFFICE:** HEAD COACH, Mark Holman909-971-8230 EXT. 3704[m.holman@bonita.k12.ca.us](mailto:m.holman@bonita.k12.ca.us)

**PHYSICALS: Week of May 4th**

**SPRING FOOTBALL BEGINS: May 9th. Spring Game: June 2nd**

**POWDER PUFF FOOTBALL GAME: June 2nd**

**SUMMER CAMP:** June 13th July 9th 3:00-6:30pm Mon – Thurs (Need Athletic Clearance Form)

-**ATHLETIC CLEARANCE FORM** ALL ATHLETIC CLEARANCE FORMS MUST BE SUBMITTED TO COACH HOLMAN FOR APPROVAL, PHYSICALS DONE IN ORDER TO PRACTICE.

-**SPIRIT PACKS**: ($150) CHECK OUT THE 2016 SPIRIT PACK, DESCRIPTIONS AND PRICES ON OUR SITE. (COMING SOON) Shirt, Practice Jersey, Shorts, Game Socks, Bag

**-PLAYER DONATION:** $300 (player donation includes spirit pack)

**-GAMEBREAKER SOFT HELMETS**: $59

- **ANY EQUIPMENT NEEDS OR QUESTIONS**

Kim Lowary: lowary@bonita.k12.ca.us

“***FREE*” SKILLS TRAINING**

EVERY TUES/THURSDAY 2:30-3:00PM @ SAINT STADIUM

* 1 Hour of weight lifting
* 1 Hour of conditioning/speed/agility
* Skills practice (position specific)

**CURRENT SCHEDULE:**

MONDAY - FRIDAY

1:45-3:45



**SPIRIT PACK ORDER FORM**

**2016**

**The 2016 Football Spirit Pack will consist of**

**1 Pair of Shorts, 1 Pair of Socks**

**1 Practice Jersey, 1 Soft**

**1 San Dimas Football Shirt**

**1 Equipment Bag**

**COST $150**

**Player Donation $300 (Includes Spirit Pack)**

[](http://www.bing.com/images/search?q=football+shorts&id=EA6EED3891CE6E8F636D60507D09572432151F05&FORM=IQFRBA)    

**(Photos above are just for show. These are not what actual spirit pack items will look like)**

**Participant Name: \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_ ­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Participant Contact Number**::\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Email:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ITEM** | **MEDIUM** | **LARGE** | **X-LARGE** | **XX-LARGE** |  |  |  |
| **SHORTS** |  |  |  |  |  |  |  |
| **SOFT HELMET** |  |  |  |  |  |  |  |
| **SHIRT** |  |  |  |  |  |  |  |
| **SOCKS** |  |  |  |  |  |  |  |
|  |  |  |  |  | **# choice 1** | **# choice 2** | **# choice 3** |
| **PRACTICE JERSEY** |  |  |  |  |  |  |  |
| **Practice jersey numbers will be assigned by seniority, and prior year numbers. List your top 3 choices.** | | | | | | | |

**ALL ORDERS DUE BY MAY 22, 2016**

**DATE RECEIVED:\_\_\_\_\_\_\_\_\_\_\_\_**

**AMOUNT$:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CHECK #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Make all checks payable to: **SDHS SAINTS QUARTER BACK CLUB**

800 West Covina Boulevard

San Dimas, CA 91773 909-971-8230\