

Capistrano Valley High School

2024 Football Parent Packet

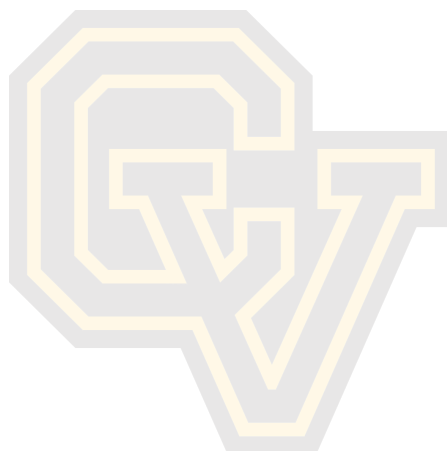
Welcome to the 2024 Season!

My staff and I are excited to lead Capo Football for another year and the 2024 season ahead. As we begin to look at spring, summer and fall, our focus will be on building men of high character, the importance of success both on the field and in the classroom, and striving to be a positive influence in our community.

Please carefully review the information in this packet. I understand questions will come up and you may need additional guidance. My door is always open, along with our amazing group of Booster Club parents. You will find all our contact information included, along with important dates and details for spring & summer camp, and the fall season.

Go Cougs!

- Coach Curtis



General Information

Head Coach for Capo Valley Football

Sean Curtis

coachseancurtis@gmail.com

Executive Board for CVHS Football

Kiki Banuelos, President | President@capofootball.com

Aaron Banuelos, Vice President | Fundraising@capofootball.com

Lisa Mealia, Treasurer | Treasurer@capofootball.com

Tiffany Gilstrap, Secretary | Info@capofootball.com

Carly Curtis, Director of Football Operations | carlymcurtis@gmail.com

Social Media

Facebook: @capovalleyhsfootball

Twitter: @capofootball

Instagram: @capovalleyhsfootball



Program Updates from Head Coach, Coach Curtis, will be sent out weekly on Sundays, via BLAST Athletics App.

2024 Football Donations & Due Dates

Spring Camp

Requested Donation **\$360*** (*Cash/Check/Zelle Discount - \$350*)

Due: March 25, 2024

*First set of Battle Spirit Pack included with full donation by due date

Summer Camp

Requested Donation **\$415*** (*Cash/Check/Zelle Discount - \$400*)

Due: June 17, 2024

*First set of Battle Spirit Pack included with full donation by due date (*for second sport players, and new families/incoming freshman only*)

Fall Football Program

Requested Donation **\$930** (*Cash/Check/Zelle Discount - \$900*)

Due: August 12, 2024

Hawaii Trip (*Hawaii Roster Only*)

\$1560 (*Cash/Check/Zelle Discount - \$1500*)

Payment Schedule to follow

Additional Battle Spirit Packs (*Order extra sets during spring/summer registration*)

Battle Practice Shirt - \$40

Battle Practice Short - \$40

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The following method of payment is accepted:

Cash

Check - Payable to CVHSFBA

Zelle - treasurer@capofootball.com

Credit Card/Paypal - www.capofootball.com, click DONATE NOW

***Please contact our Treasurer if you need financial assistance or a payment plan:
Treasurer@capofootball.com***

*****All donation payment plans must be completed by October 1st, 2024*****

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.

12th Man Membership

\$1800 Donation (excludes Hawaii donations)

Includes Basic Membership PLUS:

- ☐ Two Tickets to each Home Game
- ☐ Preferred VIP Parking for 1 car to each Home Games
- ☐ Two Sideline Passes to each Home Games
- ☐ One Game Day Program at each Home Games
- ☐ \$50 Spirit Wear Voucher
- ☐ 2 Meal Vouchers (redeemable at snack bar) at each Home Games

This donation level may be achieved by any combination of:

- ☐ Summer/Fall Donation (excludes Hawaii donations)
- ☐ Blast fundraising over \$400 goes toward Summer or Fall Player Donation
- ☐ Program Advertising (cost of ad credit)
- ☐ Stadium Banner (\$400 credit)
- ☐ A-Frame End Zone Banner (\$500 credit)
- ☐ Blast Athletics Mobile App Banner Ad (\$325 credit)
- ☐ Capofootball.com Online Advertising (\$250 credit)
- ☐ Elite Level Sponsorships (TBD)
- ☐ Corporate Sponsorships

**** Golf Tournament & other fundraising will NOT be applied to Summer or Fall donation fees.**

Any advertising dollars you bring in will be credited toward your SUMMER and/or FALL Player Donations at the above mentioned amounts.



2024 Fundraising Opportunities

In order to meet our expenses for quality coaching, player safety and operational costs, we are asking each family to participate in the following fundraisers.

We provide many different ways for your player to contribute:

- ☐ Blast Fundraising - Begins April 2024
- ☐ Golf Tournament - Saturday, August 3, 2024
- ☐ Monthly Restaurant "Dine Outs"
- ☐ See's Candy
- ☐ Snack bar at all Home Games (donate items &/or give your time)
- ☐ Sports Physicals (More Info to Follow)
- ☐ Ralphs Community Rewards: select **Capistrano Valley Football Boosters**

More information on the individual fundraisers will be provided as they come up, and you will find more info on our current fundraisers on the next few pages.

Support our Ralph's Rebate Programs – it's FREE for you and helps us raise funds!! All family and friends can participate!

****Ralphs card must be re-registered every year****

1. Go to www.ralphs.com and login (create account if you don't already have one set up).
2. Click on your name and select 'My Account' (in the top right-hand corner)
3. Select Community Contributions from the menu on the left
4. Scroll to bottom of page and select – Capistrano Valley High School Football Boosters (or organization number PX277)



2024 Important Dates

Monday, March 11	Parent Meeting - Returning Players Only
Monday, March 25	Spring Donation Due \$360 (Cash/Check/Zelle Discount - \$350)
Monday, April 8	First Day of Spring Camp
<p style="text-align: center;">Spring Camp: April 8 - May 15 (Mondays & Wednesdays, 3:30 - 6:30pm) *6th period players will be released at 5:30pm</p> <p style="text-align: center;">and the following Saturdays:</p> <p style="text-align: center;">April 13 (8 - 10am) April 27 (8 - 10am) May 11 (Spring Game, 10am - 12pm, and BBQ to follow)</p>	
Wednesday, April 17	Hawaii Roster Only Payment #1 Due \$520 (Cash/Check/Zelle Discount - \$500)
Monday, May 6	Incoming Freshman Parent Meeting
Saturday, May 11	Spring Game & BBQ
Wednesday, May 15	Spring Showcase / Blast Combine 3:30 - 5:30pm
Wednesday, May 15	Hawaii Roster Only Payment #2 Due \$520 (Cash/Check/Zelle Discount - \$500)
May 20 - May 24	Max Testing during class periods
May 27 - June 16	FINALS / CIF DEAD PERIOD No Practice
Monday, June 17	First Day of Summer Camp
Monday, June 17	Summer Donation Due - 1 Case of Gatorade and Water \$415 (Cash/Check/Zelle Discount - \$400)
<p style="text-align: center;">Summer Camp: June 17 - July 25 (Mondays - Thursdays at 7 - 11:30am) unless specified otherwise (below) for Holidays and Breaks 7v7 Tournaments will be held Fridays & Saturdays. See schedule on page 8 of this packet.</p>	
July 3 - 7	HOLIDAY BREAK

	No Practice (resumes Monday, July 8)
Wednesday, July 10	Hawaii Roster Only Payment #3 Due \$520 (Cash/Check/Zelle Discount - \$500)
Monday, July 15	Cougar Camp - Details to follow
Thursday, July 18	Senior Photos - 12:30pm
Thursday, July 25	Beach Workout - Details to follow
July 26 - July 31	DEAD PERIOD No Practice (resumes August 1)
August 1, 2 & 3	Fall Camp (Helmets) Mandatory for ALL PLAYERS
Saturday, August 3	Golf Tournament - Details to follow
Monday, August 5	Banners/Ad Sales Due
August 5 - August 8	Fall Camp, 8 - 11am (Off on Friday, August 9th)
Saturday, August 10	Picture Day - ALL LEVELS, 7:30am
Saturday, August 10	Dad's Huddle - 10 am Details to follow
Monday, August 12	Fall Donation Due \$930 (Cash/Check/Zelle Discount - \$900)
Starting Monday August 12	Practice in afternoons from 3-6pm
August 21 - August 24	Hawaii Trip (Hawaii Roster Only)
Friday, August 23	Game 1

www.capofootball.com/calendar

Summer Passing Leagues

Level	Date	Type	Opponent	Home / Away	Location	Time	Notes
Varsity / JV	Wed, May 1st	1 - Way	Edison	Away	Edison HS	5:00 PM	Skill and Lineman
Varsity	Sat, May 18th	Tourn	Air Strike	Away	Dana Hills HS	8:00 AM	
Varsity + JV	Tues, June 18th	1-Way	San Juan Hills	Away	SJHS	5:00 PM	Skill and Lineman
Varsity + JV	Thur, June 20th	1-Way	San Clemente	Away	SCHS	5:00 PM	Skill Only
JV	Fri, June 21st	Tourn	Air Strike	Away	Dana Hills HS	8:00 AM	Skill Only
Varsity / JV	Tues, June 25th	1-Way	Mission Viejo	Away	MVHS	5:00 PM	Skill + Lineman
Freshman	Fri, June 28th	Tourn	Air Strike	Away	Dana Hills HS	8:00 AM	
Varsity	Sat, June 29th	Tournament	South County Passing Tournament	Away	Mission Viejo HS	8:00 AM	Skill + Lineman
Varsity	Tues, July 2nd	4-way	Aliso Viejo	Away	Aliso HS	5:00 PM	Skill Only
Varsity / JV	Tues, July 9th	1-way	Northwood	Away	NHS	5:00 PM	Skill Only
Varsity	Thur, July 11th	4-way	Crean Lutheran	Away	Crean HS	5:00 PM	Skill Only
Varsity	Sat, July 13th	Tourn	Battle at the Beach	Away	Edison	8:00 AM	Skill Only
Varsity / JV	Tues, July 16th	1-Way	St. Margarets	Away	St. Margarets	5:00 PM	Skill + Lineman
Varsity / JV	Thurs, July 18th	TBD					

2024 Varsity Schedule

August 16	HOME Scrimmage vs. Crean Lutheran
August 23	@ Moanalua, Hawaii
August 30	HOME vs. East Lake (Chula Vista)
September 6	@ Huntington Beach
September 13	HOME vs. Aliso Niguel
September 20	@ Foothill
September 27	BYE WEEK
October 4	HOME vs. Western
October 11	@ Cypress
October 18	@ Trabuco Hills
October 25	HOME vs. El Modena
November 1	@ Tustin
November 8	CIF Round 1

2024 JV Schedule

August 16	Scrimmage @ Crean Lutheran
August 22	TBD
August 30	Home vs. East Lake (Chula Vista)
September 5	HOME vs. Huntington Beach
September 12	@ Aliso
September 19	HOME vs. Foothill
September 26	BYE WEEK
October 3	@ Western
October 10	HOME vs. Cypress
October 17	HOME vs. Trabuco Hills
October 24	@ El Modena
October 31	HOME vs. Tustin

NOTES

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