

Capistrano Valley High School

2025 Football Parent Packet

Welcome to the 2025 Season!

We're thrilled to launch another exciting year of Capo Football! As we gear up for 2025, our commitment remains steadfast: fostering strong character, championing academic excellence, and making a real impact in our community.

This packet outlines the roadmap for spring, summer, and fall. My door is always open. Please also lean on our amazing Booster Club for support.

Inside, you'll find all the essential contact information, dates, and details for camps and the upcoming 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, Co-President | President@capofootball.com

Tiffany Gilstrap, Co-President | President@capofootball.com

Kim Crow, Vice President | Fundraising@capofootball.com

Lisa Mealia, Treasurer | Treasurer@capofootball.com

Carey Pineda, 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.

2025 Football Donations & Due Dates

Spring Camp

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

Due: April 14, 2025

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

Summer Camp

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

Due: June 23, 2025

*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 4, 2025

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

Battle Practice Shirt - \$40

Battle Practice Short - \$40

The following method of payment is accepted:

Cash

Zelle - treasurer@capofootball.com

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

Check - Payable to Capistrano Valley High School FBA

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

*****All donation payment plans must be completed by September 29, 2025*****

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

Includes:

- Two Tickets to each Home Game
- Paid 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

This membership level may be achieved by any combination of:

- Summer/Fall Donation
- Blast fundraising over \$400
- Sponsorship/Advertising Donations (see chart below)

Sponsorship/Advertising:	Sponsor Cost:	Player Credit:
Gold Level Sponsorship	\$1800	\$1800
Black Level Sponsorship	\$1200	\$1080
Program Full Page Ad	\$750	\$675
Program 1/2 Page Ad	\$400	\$360
Program 1/4 Page Ad	\$200	\$180
Program Business Card	\$100	\$90
Scoreboard Banner	\$500	\$450
Online Advertising	\$250	\$225

**** 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.



2025 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 2025
- Golf Tournament/Silent Auction - Saturday, August 9, 2025
- Monthly Restaurant "Dine Outs"
- See's Candy
- 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)



2025 Important Dates

Monday, March 17	Parent Meeting - Returning Players Only
Monday, March 31st Thursday, April 3rd	Pre-Spring Practices - 3:30 - 6:00pm *Prep for Spring Ball, learn practice routine
Monday, April 14	Spring Donation Due \$360 (Cash/Zelle/Check Discount - \$350)
Monday, April 14	First Day of Spring Camp
Spring Camp: April 14 - May 28 (Mondays & Thursdays, 3:30 - 6:00pm) Passing League / Lineman Workouts on Wednesdays: 5/7, 5/14, 5/21, 5/28 <i>*See page 8 for details</i>	
Thursday, May 1	Incoming Freshman Parent Meeting
Saturday, May 10	Spring Game & BBQ
Monday, May 26th	Memorial Day - OFF (All Players)
May 27 - May 30	Max Testing during class periods
June 2 - 22	FINALS / CIF DEAD PERIOD No Practice
Monday, June 23	First Day of Summer Camp
Monday, June 23	Summer Donation Due - 1 Case of Gatorade and Water \$415 (Cash/Zelle/Check Discount - \$400)
Summer Camp: June 23 - July 24 (Mondays - Thursdays at 7 - 11:30am) unless specified otherwise (below) for Holidays and Breaks <i>*7v7 Tournaments will be held Fridays & Saturdays. See schedule on page 8 of this packet.</i>	
July 2 - 6	HOLIDAY BREAK No Practice (resumes Monday, July 8)
Monday, July 14	Cougar Camp - Details to follow
Thursday, July 17	Senior Photos - 12pm
Thursday, July 24	Beach Workout - Details to follow
Thursday, July 24,	Sponsorship/Advertising Due
July 25 - July 30	VACATION PERIOD No Practice - resumes July 31st

July 31, August 1 & 2	Fall Camp (Helmets) Mandatory for ALL PLAYERS
Saturday, August 2	Picture Day - ALL LEVELS, 7:30am
Saturday, August 2	Dad's Huddle - 10 am Details to follow
Monday, August 4	Fall Donation Due \$930 (Cash/Zelle/Check Discount - \$900)
August 4 - August 8	Fall Camp, 8 - 11am (Off on Friday, August 9th)
Saturday, August 9	Golf Tournament - Details to follow
Monday August 11	All practices move to afternoons from 3-6pm
Thursday, August 14	Scrimmage @ Crean HS
Friday, August 22	Game 1

www.capofootball.com/calendar

Summer Passing Leagues

Capo Football							
2025 Passing League / Lineman Competitions							
Level	Date	Type	Opponent	Home / Away	Location	Time	Notes
Varsity + JV	Wed, May 7th	1 - Way	Edison	Away	Edison HS	5:00 PM	Skill + Lineman
Varsity	Wed, May 14th	Showcase	San Clemente	Away	SCHS	5:00 PM	Skill + Lineman
Varsity	Sat, May 17th	Tournament	Air Strike	Away	Dana Hills HS	8:00 AM	Cost = \$300
Varsity	Wed, May 21st	Showcase	Crean Lutheran	Away	Crean HS	5:00 PM	Skill + Lineman
Varsity	Wed, May 28th	Showcase	San Juan Hills	Away	SJHHS	5:00 PM	Skill + Lineman
Varsity + JV	Tues, June 24th	1 - Way	Mission Viejo	Away	MVHS	5:00 PM	Skill + Lineman
JV	Thu, June 26th	Tournament	Air Strike	Away	Dana Hills HS	8:00 AM	Skill Only
Freshman	Fri, June 27th	Tournament	Air Strike	Away	Dana Hills HS	8:00 AM	Skill Only
Varsity	Sat, June 28th	Tournament	South County	Away	MVHS	8:00 AM	Skill + Lineman
	Tues, July 1st		TBD	Away			
Freshman	Tues, July 8th	1-way	Dana	Away	Dan Hills HS	3:30 PM	Skill Only
All Levels	Tues, July 8th	1-way	Dana	Away	Dan Hills HS	5:00 PM	Skill Only
Varsity	Thu, July 10th	4-way	Crean Lutheran	Away	Crean HS	5:00 PM	Skill + Lineman
Varsity	Sat, July 12th	Tournament	Battle at the Beach	Away	Edison	8:00 AM	Skill Only
All Levels	Tues, July 15th	1-Way	San Juan Hills	Away	SJHHS	5:00 PM	Skill + Lineman

2025 Varsity Schedule

August 14	Scrimmage @ Crean Lutheran
August 22	HOME vs. Barstow
August 29	HOME vs. Campo Verde (AZ)
September 5	@ East Lake (Chula Vista)
September 12	@ Aliso Niguel
September 19	HOME vs. Foothill
September 26	BYE WEEK
October 3	@ Western <i>(Date subject to change)</i>
October 10	HOME vs. Cypress
October 17	HOME vs. Trabuco Hills
October 24	@ El Modena <i>(Date subject to change)</i>
October 30	HOME vs. Tustin <i>(Thursday game due to Halloween)</i>
November 7	CIF Round 1

2025 JV Schedule

August 16	Scrimmage @ Crean Lutheran
August 21	@ Barstow
August 28	TBD
September 5	@ Eastlake (Chula Vista) *Prior to Varsity game
September 11	HOME vs Aliso
September 18	AWAY vs. Foothill
September 26	BYE WEEK
October 2	HOME vs. Western
October 9	@ Cypress
October 16	@ Trabuco Hills
October 23	HOME vs. El Modena
October 29	@ Tustin (<i>Date and opponent subject to change</i>)

