

# Capistrano Valley High School

## 2026 Football Parent Packet

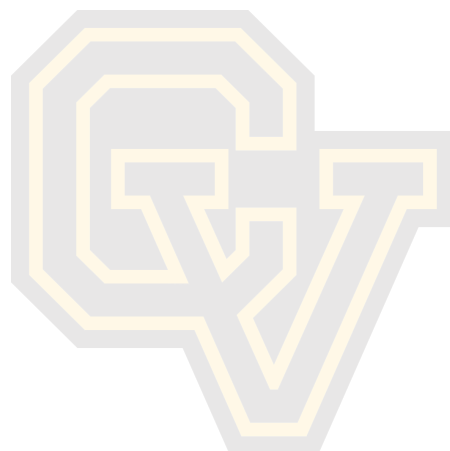
### Welcome to the 2026 Season!

My staff and I are excited to lead Capo Football for another year and the 2026 season ahead. As we begin to look at 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 the upcoming summer camp and fall season.

Go Cougs!

- Coach Curtis



# General Information

## **Head Coach for Capo Valley Football**

Sean Curtis | [coachseancurtis@gmail.com](mailto:coachseancurtis@gmail.com)

## **Executive Board for CVHS Football**

Carey Pineda, President | [President@capofootball.com](mailto:President@capofootball.com)

Kim Crow, Co-Vice President | [Fundraising@capofootball.com](mailto:Fundraising@capofootball.com)

Laura Buchanan, Co-Vice President | [Fundraising@capofootball.com](mailto:Fundraising@capofootball.com)

Kristin Anderson, Treasurer | [Treasurer@capofootball.com](mailto:Treasurer@capofootball.com)

Josie Roemhild, Secretary | [Info@capofootball.com](mailto:Info@capofootball.com)

Carly Curtis, Director of Football Operations | [carlymcurtis@gmail.com](mailto:carlymcurtis@gmail.com)

## **Social Media**

Facebook: @capovalleyhsfootball

Twitter: @capofootball

Instagram: @capovalleyhsfootball

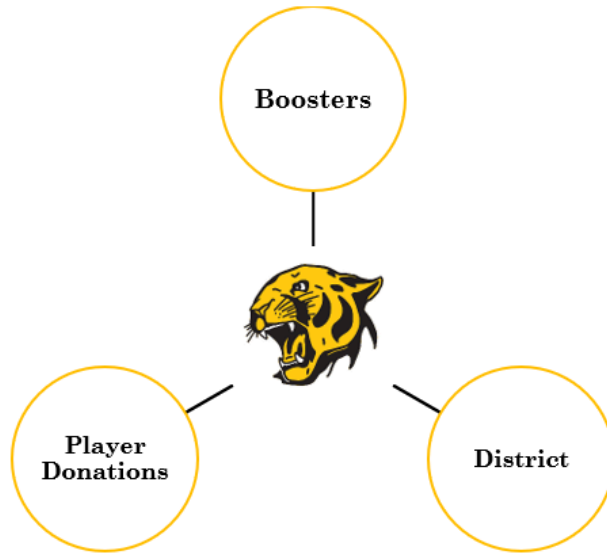


**Program Updates from Head Coach, Coach Curtis, will be sent out weekly on Sundays, via BLAST Athletics App.**

## The 2026 Football Season

- What an incredible season to join the Cougars as we open our brand **new stadium** and **celebrate 50 years** of Capo Football!
- **Summer Camp** begins Monday, June 22.
- **Fall Camp** begins on Tuesday, July 28 with pads and helmets.
- Freshman football is 6th Period.
- After school practice will be in the afternoons, Mondays - Wednesdays.
- **Freshman Games** are usually on Thursdays (see schedule below).
  - Requests for parent volunteers to assist with team snacks, hydration, photography, etc. will be shared out.
- Join us for **Varsity Games on Friday nights** under the lights!
  - Freshman parent volunteers are needed to work the snack bar. Snack Bar donations are needed for home games.
  - Freshman players will be assigned a game to sell pre-game programs.
  - Stay tuned for pre-game tailgate events with Cougar families.
- All football program communication will be through the **Blast Athletic App**. Parents and players should sign up today to stay connected.

# Where does the funding come from and where does it go?



We are a **donation-based, nonprofit program**. The school district only funds about 5% of our budget. All donations from families, advertising, and fundraising directly supports the health of our program.

- Game and Practice Film (all three levels)
- Field Equipment (sleds, shields, bags, balls, cones, coolers, etc.)
- Player Equipment (helmets, shoulder pads, practice pants and jersey, etc.)
- Varsity Pre-game & Post Game meals
- Weight Room Equipment (current remodel)
- Coaches Stipends
- Facilities & Locker Room Upgrades
- Player Ticket for End-of-Year Banquet
- Passing League and Lineman's Competitions
- Fun Team Events such as Kick off BBQ and Team Beach day
- Equipment Reconditioning
- Concussion Testing
- Academic Team Coach in the off-season for those players in need
- Academic Support Program (weekly check-ins / guidance to stay on track)

There are so many ways to contribute and help, not only financially but also volunteering your time. Please consider this your COUGAR COMMITMENT to the program!

# **2026 Football Donations & Due Dates**

## **Summer Camp**

Requested Donation **\$465\*** (Cash/Check/Zelle Discount - \$450)

Due: June 17, 2026

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

## **Fall Football Program**

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

Due: July 27, 2026

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

Battle Practice Shirt - \$40

Battle Practice Short - \$40

## **The following methods of payment are accepted:**

Cash

Check - Payable to CVHS Football Boosters

Zelle - [treasurer@capofootball.com](mailto:treasurer@capofootball.com)

Credit Card/Paypal - [www.capofootball.com](http://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, 2026\*\****

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 Game
- Two Sideline Passes to each Home Game
- One Game Day Program at each Home Game
- \$50 Spirit Wear Voucher
- 2 Meal Vouchers (redeemable at snack bar) at each Home Game

**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
- Sponsorship/Advertising Donations (see chart)

<b>Sponsorship/Advertising:</b>	<b>Sponsor Cost:</b>	<b>Player Credit:</b>
Gold Level Sponsorship	\$1800	<b>\$1800</b>
Black Level Sponsorship	\$1200	<b>\$1080</b>
Program Full Page Ad	\$750	<b>\$675</b>
Program 1/2 Page Ad	\$400	<b>\$360</b>
Program 1/4 Page Ad	\$200	<b>\$180</b>
Program Business Card	\$100	<b>\$90</b>
Digital Scoreboard Advertisement	\$400	<b>\$360</b>
Online Advertising	\$250	<b>\$225</b>
3' x 8' Field Banner	\$525	<b>\$475</b>

**\*\* 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.

## Player Sponsorships: Do NOT CALL LIST

### Business Name

- 3N1 Motorsports
- Alberto Tacos, Mission Viejo Ca
- Apex Design Worx, Upland Ca
- Baja HQ \$600
- Bodyrok Pilates Studio, Mission Viejo Ca
- Bremer,Whyte Law Firm, Newport Beach Ca
- Bricco Cucina, Laguna Niguel Ca
- Brio Wealth Management, Newport Ca
- Capo VW Mazda, San Juan Capistrano Ca
- Chamberlin Care, Ladera Ranch Ca
- Chick's Plumbing, Capo Beach Ca
- Dentistry 4 Kids & Orthodontics, Mission Viejo
- Dr. Jason Liauw, DDS, Laguna Beach Ca
- Edward Jones/Charles Gustafson, Orange Ca
- Eli Orthodontics, Lake Forest Ca
- Elks Lodge MV #2444, Mission Viejo
- Food by Joey, Mission Viejo Ca
- Francos Famous, Laguna Hills, Ladera Ranch, & San Clemente Ca
- Hannah Law, Irvine Ca
- Ina Rochester Realtor/Anvil Real Estate, Laguna Niguel Ca
- Lava Island BBQ, Mission Viejo Ca
- Legendary Cal Rep Windows and Doors, Anaheim Ca
- Los Angeles Chargers, Los Angeles Ca
- Marguerite Dental, Mission Viejo Ca
- Master Builders of America, Dana Point Ca
- Master of Meals, Dana Point Ca
- Membrila Insurance Services Inc, Lake Forest Ca
  
- Menifee Valley Air Conditioning
- Miller Orthodontics, Aliso Viejo
- Millers Woodworking
- Mission Viejo Kia, Mission Viejo Ca
- Pacific Coast Paintless Dent Removal, Mission Viejo Ca
- Pro Sports PT San Juan Capistrano, San Juan Capistrano Ca
- Rainbow Sandals, San Clemente
- Raising Canes, Mission Viejo Ca
- Ross Legacy Medical Group, Mission Viejo
- Rubino's Pizza, Mission Viejo Ca
- Ryde Auto, Trabucco Canyon Ca

- Salt Creek Grille, Dana Point Ca
- Santa Margarita Ford/Toyota, Santa Margarita Ca
- Say Cargo Express, Inc, Anaheim Ca
- Seabreeze Property Management Company, Inc., Aliso Viejo Ca
- Simpson Chevrolet of Irvine, Irvine Ca
- Smart Systems Technologies, Inc., Irvine Ca
- Smiles 4 OC, Costa Mesa Ca
- South OC Pediatric Dentistry & Orthodontist, Mission Viejo Ca
- Stifel, Newport Beach Ca
- The Cuthbertson Family, Mission Viejo Ca
- The Loft Crafters, Irvine Ca
- The Shirt Cannery, Mission Viejo Ca
- TPMS, Santa Ana Ca
- UPS Store, Laguna Woods Ca
- Vine, Ironwood, Olea, Sapphire & Bloom, San Juan Capistrano Ca
- X-anna Inc, Calimesa Ca
- Zone57 Digital Media, Dana Point Ca

### **Meal Trade Sponsorships: Do NOT Call List**

- All Star Pizza
- Aloha Stacks
- Bagels and Brew
- Board & Brew
- Chick-fil-A
- Hana's
- Jersey Mike's
- Outback
- Subway
- Tacos & Co

## **2026 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 June 2026
- Golf Tournament - Saturday, August 8, 2026
- Monthly Restaurant "Dine Outs"
- See's Candy Fundraiser
- Snack bar at all Home Games (donate items &/or give your time)
- 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.ralphp.com](http://www.ralphp.com)
2. Create a digital account or login
3. Click on your name and select 'My Account' (in the top right-hand corner)
4. Select Ralphs Community Rewards (bottom of page or menu on the left)
5. Scroll to bottom of page and select – *Capistrano Valley High School Football Boosters (or organization number PX277)*

Ralphs Community Rewards



Ralphs



## 2026 Important Dates

Monday, May 4	Incoming Freshman Parent Meeting
June 1 - 21	FINALS / CIF DEAD PERIOD No Practice
Wednesday, June 17	<b>Summer Donation Due - 1 Case of Gatorade and Water \$465 (Cash/Check/Zelle Discount - \$450)</b>
Monday, June 22	First Day of Summer Camp
<b>Summer Camp:</b> June 22 - July 23 (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.	
July 3 - 5	HOLIDAY BREAK No Practice (resumes Monday, July 6)
Wednesday, July 8	Cougar Camp (Moms)- Details to follow
Thursday, July 23	Beach Workout - Details to follow
Tuesday, July 28	Fall Camp (Helmets) <b>Mandatory for ALL PLAYERS</b>
Monday, July 27	<b>Banners/Ad Sales Due</b>
Monday, July 27	<b>Fall Donation Due \$930 (Cash/Check/Zelle Discount - \$900)</b>
July 27 - August 6	Fall Camp (Mondays - Fridays, 8 - 11am)
Saturday, August 1	Picture Day - ALL LEVELS, 7:30am
Saturday, August 1	Dad's Huddle - 10 am. Details to follow
Saturday, August 8	Golf Tournament - Details to follow
Starting Monday August 10	Practice in afternoons from 3-6pm
Friday, August 14	Freshman Scrimmage vs San Clemente @ HOME, 6:00pm

[www.capofootball.com/calendar](http://www.capofootball.com/calendar)

## Summer Passing Leagues + Lineman Workouts

Period	Level	Date	Type	Opponent	Home / Away	Location	Time	Notes
Summer	Varsity	6/23	4-Way	Irvine, El Modena, Fullerton	Away	Irvine HS	5:00 PM	Varsity Skill
Summer	JV	6/25	Tournament	Air Strike	Away	Dana Hills HS	8:00 AM	Varsity Skill
Summer	Freshman	6/26	Tournament	Air Strike	Away	Dana Hills HS	8:00 AM	Cost = \$250
Summer		6/30		TBD				
Summer	Varsity + JV	7/2	1-Way	Mission Viejo	Home	CVHS	5:00 PM	Skill + Lineman
Summer	Freshman	7/7	1-Way	San Juan Hills	Home	CVHS	4:00 PM	Skill + Lineman
Summer	Varsity + JV	7/7	1-Way	San Juan Hills	Home	CVHS	5:30 PM	Skill + Lineman
		7/9		TBD				
Varsity	Varsity	7/11	Tournament	Battle at the Beach	Away	Edison	8:00 AM	Skill Only
		7/14		TBD				
		7/16		TBD				
Varsity	Varsity	7/18	Tournament	South County Passing Tournamen t	Away	MVHS	8:00 AM	Skill + Lineman

\*Dates subject to change

\*Some freshmen may be included in JV passing contests. More details to follow.

## 2026 Freshman Schedule

<b>Capo Football</b>							
<b>Week</b>	<b>Game</b>	<b>Opponent</b>	<b>Home / Away</b>	<b>Type</b>	<b>Time</b>	<b>Date</b>	<b>Location</b>
Week 00	Scrimmage	San Clemente	Home	Scrimmage	6:00pm	8/14/26	CVHS
Week 0	Game 1	TBD					
Week 1	Game 2	Downey	Home	Non - League	3:15 PM	8/27/26	CVHS
Week 2	Game 3	Great Oak	Home	Non - League	4:00 PM	9/3/26	CVHS
Week 3	Game 4	Long Beach Milikan	Away	Non - League		9/10/26	CVHS
Week 4	Game 5	TBD		Non - League		9/17/26	
BYE WEEK						9/25/25	
Week 6	Game 6	La Habra	Home	League	3:15 PM	10/1/26	CVHS
Week 7	Game 7	Crean Lutheran	Away	League	4:00PM	10/8/26	CLHS
Week 8	Game 8	Corona Del Mar	Home	League	3:15PM	10/15/26	CVHS
Week 9	Game 9	Villa Park	Home	League	2:45PM	10/22/26	CVHS
Week 10	Game 10	Tustin	Away	League	4:00PM	10/29/26	THS

