

WOLVERINE FOOTBALL
JV/VARSITY
SUMMER
CAMP

ALL IN

CLASS OF 22/23/24

JUNE 14 - JULY 9

M/F: 2:00-3:30 PM WEIGHTLIFTING

3:30-5:30 PRACTICE

W: WOLVERINE 3:30-5:30 PRACTICE

Tu/Th: 7:00-9:30 AM CSPAT (CONDITIONING/SPEED/AGILITY)

10:00-11:30 AM WEIGHTLIFTING

AT ALISO NIGUEL
HIGH SCHOOL

COST: \$350 SUGGESTED DONATION
FOR COACHES TO RUN SUMMER CAMP
<https://www.alisoniguelfootball.com/>

REGISTRATION:

REGISTER ONLINE BY JUNE 6, 2021
<https://www.alisoniguelfootball.com/>

ATHLETIC CLEARANCE:

2021-2022 PHYSICAL AND ATHLETIC CLEARANCE
REQUIRED TO PARTICIPATE IN SUMMER CAMP
<https://athleticclearance.com/>



PREPARE FOR FALL 2021
CONDITIONING
AGILITY/SPEED DEVELOPMENT
OFFENSIVE/DEFENSIVE SCHEMES

QUESTIONS
COACH MICHAEL CALAHAN
mpcalahan@capousd.org

SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

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 your family to pay for security deposits for access, participation, materials and equipment.