

2009
RAMONA BULLDOG FOOTBALL
“Training for December”

- *April 4 to 13th..... Spring Break
- (Wed) May 13th “Lift – A – Thon” (The lifeline for the football program) TEAM EVENT!
- (Mon) May 18th Football Team Meeting / 3:15pm (Spring Practice guidelines, paperwork, summer, etc.)

~Spring Practice does not involve full gear/pads. Must be in spirit pack ‘Nike’ uniform and Team cleats~

- (Tues) May 19th to (Fri) May 22nd Spring Practice week one (1)Days 1-4
- (Tues) May 26th to (Fri) May 29th Spring Practice week two (2).... Days 5-8
- (Mon) June 1st to (Fri) June 5th Spring Practice week three (3)...Days 9 -13 (Friday June 5th Spring Game)
- June 3rd..... Athletic Physical Night at RHS! 6:00pm...more info to come.
- *June 7th – June 14th..... Athletes Off....Last week of school...Study hard and do well on finals!
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- (Mon) June 15th to (Sat) July 25th... **Bulldog Football Summer Camp-Class Starts-Ends**
~Frosh 2:00pm to 4:30pm
~JV-Varsity 5:00pm to 7:30pm
-Passing league schedule TBA. (Tuesdays and Thursdays at 5:00pm)
- (Wed) July 1st ~Varsity Gold Kickoff “Team Event” at 5:00pm.
- (Sat) July 11th..... ~Varsity Gold Team Blitz 8:00am to 1:00pm / BBQ to follow

- (Sun) July 26th to (Sun) Aug. 9th **VACATION TIME** (No contact with kids)
~CIF Dead Period
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- (Tues) Aug. 11th **Football Pre-Season Training Camp Starts**
~Info to be handed out

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