

Ramona High School Football: Summer Class/Camp

Summer 2009

~Coaching Staff~

www.ramonahighschoolfootball.com

Head Coach / Off. Coord / OL:	Damon Baldwin	(760) 787-4158	Film-Equipt. / Control	Rheynard Morgan
Def. Coord / Linebackers:	Ed Munyer		Defensive Asst.	Bob Schulty
Defensive Line / JV D-Coord.	Mike Johnson		Defensive Asst.	Brent Harvey
Tight Ends / JV O-Line	Bill Tamburrino		Frosh Head Coach	Mike Ernst
Wide Receivers	Jason Matthews		Frosh Def. Asst.	Jim Piva
Quarterbacks	Jerry Patenaude		Frosh Def. Asst.	Eddie Brisendine
Running Backs	Greg Fernandes		Frosh Def. Asst.	Bruce Parker
Defensive Backs	Marc Boykins		Frosh Off. Asst.	Jarrett Pierce
			Frosh Off. Asst.	Paul Smail

(760) 787-4151

Session	Date	Time	Report to:	Class Dress	Notes
Week # 1	June 15 to June 19	2:00 - 4:30p BEG. 4:30 - 7:00p ADV.	Weight Room Weight Room	Spirit Pack attire Run shoes & cleats	Bring Water and snack...Always have both shoes available. BE ON TIME - Roll Taken
Week # 2	June 22 to June 26	2:00 - 4:30p BEG. 4:30 - 7:00p ADV.	Weight Room Weight Room	Spirit Pack attire Run shoes & cleats	Bring Water and snack...Always have both shoes available. BE ON TIME - Roll Taken
*Week # 3 Note time change	June 29 to July 3	1:30 - 4:00p BEG 4:00 - 6:30p ADV	Weight Room Weight Room	Spirit Pack attire Run shoes & cleats	*Note: Class starts 30 minutes earlier this week
*(Week # 4) "Mini Vacation"	July 6 to July 10	<u>Voluntary "off" / Recovery Week: Wt. Room Open: <u>Tues, Wed, Thurs</u> 1:00p to 2:30pm</u>			
Week # 5	July 13 to July 17	2:00 - 4:30p BEG. 4:30 - 7:00p ADV.	Weight Room Weight Room	Spirit Pack attire Run shoes & cleats	Bring Water and snack...Always have both shoes available. BE ON TIME - Roll Taken
Week # 6	July 20 to July 23	2:00 - 4:30p BEG. 4:30 - 7:00p ADV.	Weight Room Weight Room	Spirit Pack attire Run shoes & cleats	*Friday July 24th is only for those participating in the NCC passing tourney.
22nd Annual North County Passing tourney	July 24 - 25th Fri & Sat.	TBA	TBA	Spirit Pack uniform Cleats	*Select roster chosen by coaching staff. COST: Paid for by football program.
CIF DEAD PERIOD "Vacation"	July 26 - August 9	<u>Vacation time</u> for athletes / No contact with coaches			

August Training Camp: "Mandatory Attendance required"....Will begin on Tuesday August 11th. Two practices per day (Schedule to be handed out)