

Dear Football parents and players (Grades 9-12)

We're gearing up for the 2010 FOOTBALL season and I hope everyone is as excited as I am! As Chadwick's Head Football Coach, I am looking forward to getting started on the **2010 Football Season**.

I highly recommend Spring practice at the conclusion of any spring sport. **Incoming freshman will not be allowed** to participate in spring practice, but are strongly urged to participate during the summer.

A tentative summer practice schedule is listed below. Please understand these practices are not mandatory. They are, however, extremely beneficial to the team and to individual athletes.

Summer practice will begin **June 21<sup>st</sup> and end on July 29<sup>th</sup>**. These practice sessions will include a vast amount of strength, speed & agility training, an introduction to football skills, and our new offensive and defensive packages.

**Summer Practice June 21<sup>st</sup> - July 29<sup>th</sup>**

**Monday through Thursday each week - 4-6 pm**  
**\*other events (TBA)**

**Parents:** Are you're looking for that "perfect vacation time"?

**No practice July 30<sup>th</sup> - August 22<sup>nd</sup>**  
(Required Dead Period by CIF - No practice permitted.)

Our Fall Training Camp will begin on August 23<sup>rd</sup>. The CIF (California Interscholastic Federation) requires that all players attend a set amount of practice sessions prior to the beginning of the season. Regular attendance throughout ***August training camp is imperative for eligibility*** as well as for safety and our overall success.

**Fall Practice Begins on August 23<sup>rd</sup>.**

**Questions:** Please call Coach Willison at 310-377-1543 ext. 4152