

2019 LOS OSOS FOOTBALL
FRESHMAN IMPORTANT DATES TO REMEMBER

THIS IS HOW WE STAY IN TOUCH FOR ALL IMPORTANT INFO!!

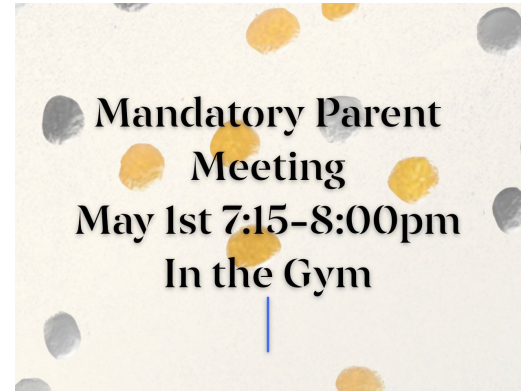
Follow us on **Facebook** - Los Osos Football, **Instagram** - @lohsgrizzlyfootball and **Twitter** - @lohsfootball And **Remind App** Code to join @losososfo

May 1, 8, 15 - Youth Camp

- 5:30-7:00
- \$20 each practice or \$50 for all 3.

May 10th - Physicals

- \$20 - Cash Only
- 3:30 pm
- **www.AthleticClearance.com**
 - Register/Login
 - Start Clearance Here for 19-20
 - Find and Print School's Physical Form on Physical Upload Page
 - **Fill out the Health History portion and bring it with you.**
 - You must enter all the info on www.athleticclearance.com rather or not you get your physical at Los Osos.



June 3rd - First Day of Summer Practice

- 4:00pm - 7:00pm (Mon-Thurs)

June 25th - Discount Card Sales Fundraiser

- Kick Off June 25th
- Blitz/Money Due July 9th

June 24-28 - Strength Week 1

- Weights Only
- 2nd Best time to take a vacation

July 1st -5th - Dead Period

- No Weights/No Practice
- Best Time to take Vacation

July 8th 12 - Strength Week 2

- Weights Only
- 2nd Best time to take a vacation

Aug 7th - 1st Day of School

- Practice will be after school Mon - Friday 3pm-6pm
- When games start practice will be Mon-Wed

All Freshman Football Players are expected to be in Coach Pierce 5th period PE class. Please contact your counselor if there needs to be a schedule change.