2019 LOS OSOS FOOTBALL
JV/VARSITY IMPORTANT DATES TO REMEMBER

Feb 26th - April 23 - OTAs (Official Team Activities)

- Every Tuesday 5pm - 6:30pm
- No OTA during Spring Break

March 18th - Blast Fundraiser Kick Off

- 20 Cell phone numbers/emails per player.

April 23rd - Cookie Dough Fundraiser Kick Off

- Begin Selling April 23
- Money/orders slip Due May 7
- Cookie Dough Pick Up - Thurs May 16th after School

April 29th - May 17th - Spring Ball

- Spring Ball Practice is Mandatory.
- Multiple Sport Athletes must report to spring ball as soon as their current season is over.
- April 29th - May 3rd - M, T, W, F
- May 6 - May 10th - M, T, W, TH
- May 13 - May 17th - M, T, W, F
- **Mon/Wed - White Shirt/Navy Shorts**
- **Tues/Fri - Navy Shirt/Grey Shorts**

May 10th - Physicals

- At Los Osos
- $20 - Cash Only
- 3:30pm
- **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.

May 18th - UA 7 on 7 Tournament at Los Osos

- 8:00am - 2:00pm
- Invite Only

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 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 vacation

Aug 7th - 1st Day of School

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

Players are allowed to miss 4 practices in the summer. They will be removed from the team on their 5th absence.