6/4/2015

2015 SSHS Football

Spanish Springs High School

*TENTATIVE SCHEDULE-SOME ITEMS SUBJECT TO CHANGE BASED ON CIRCUMSTANCE*

April/May Events

April 13-May 8 Pre-Season Football Drills (SSHS 9-11 Only\* Non-Spring Athletes)

M-Tues-Thurs 3:00-4:30 SSHS Practice Fields

May 18-May 21 Week #1 Varsity/JV Spring Football -3:15-4:45 SSHS Practice Fields

 \* Baseball, Basketball, Wrestling- Tell Coach Borja if Game/Tournament

 **DRESS- SSHS T-shirt/Shorts/Cleats- bring water**

May 25 Memorial Day

May 26 and May 28 Week #2 Varsity/JV Spring Football -3:15-4:45 SSHS Practice Fields

 \* Baseball, Basketball, Wrestling- Tell Coach Borja if Game/Tournament

 **DRESS- SSHS T-shirt/Shorts/Cleats- bring water**

May 29 Weight Competition @ Reno HS Reno HS

 Friday JV @ 2pm V @ 6pm

June Events

June 1 and 2Week #3 Varsity/JV Spring Football -3:15-4:45 SSHS Practice Fields

 \* Baseball, Basketball, Wrestling- Tell Coach Borja if Game/Tournament

 **DRESS- SSHS T-shirt/Shorts/Cleats- bring water**

June 4 ***Spring Football Game (White vs Purple) 3-4pm SSHS Main Field***

June 1 and 2 ***8th Grade Football Clinic- 2:15-3:15 Shaw Middle School***

June 20 Nevada 7 on 7 Passing Tournament/Big Man Camp Nevada-Reno

 7am-noon **Varsity Only**

June 29-July 1 Week #1 Summer Weights and Conditioning WT Rm/Practice Fields

M-Tues-Wed (JV 8am-11/ Varsity 8am-11am/ Frosh 5:30pm-8:30pm)

**DRESS- SSHS Tshirt/Shorts/Cleats-Bring Water**

July Events

July 6-July 9 Week #2 Summer Weights and Conditioning WT Rm/Practice Fields M-Tues-Wed-Thurs (JV 8am-11/ Varsity 8am-11am/ Frosh 5:30-8:30)

**July 9**  7 on 7/Line Challenge vs McQ **All Levels** 6pm-7pm McQueen HS

July 13 SYFL/Pop Warner Coaches Clinic SSHS

July 13- July 16 Week #3 Summer Weights and Conditioning WT Rm/Practice Fields

 M-Tues-Wed-Thurs (JV 8am-11/ Varsity 8am-11am/ Frosh 5:30-8:30)

July 15 Gold Card Fundraising

July 17-July 18 SYFL/Pop Warner Youth Camp SSHS Practice Fields

 (F- 5pm-8pm/Sat- 8am-1pm)

 **DRESS- Camp Shirt/Shorts/Cleats**

July 20-July 23 Week #4 Summer Weights and Conditioning WT Rm/Practice Fields

 M-Tues-Wed-Thurs (JV 8am-11/ Varsity 8am-11am/ Frosh 5:30-8:30)

**July 24** Douglas 7 on 7 Tournament Varsity/JV 8am-6pm Minden, NV

July 27-July 29 Week #5 Football Camp Golden Eagle

 M-W (JV/Varsity 8am-10:30am & 6pm-8pm)

 **DRESS- FULL PADS-PRACTICE JERSEY**

M-W (Frosh-TBA) Golden Eagle

August Events

August 10 First Day of School

August 10-12 Heat Acclamation Practice SSHS All Levels

 3:00-4:30

 **DRESS- SSHS Tshirt/Practice Jersey/Shorts/Cleats**

August 13-14 Helmets Practice SSHS All Levels

 3:00-5:30

 **DRESS- SSHS Helmets/Tshirt/Practice Jersey/Shorts/Cleats**

August 15 Team Pictures 8am- Noon (Varsity-JV-Frosh)

August 17-21 Full Pads Practice SSHS All Levels

 3:00-5:30

 **DRESS- Full Pads**

August 22 Scrimmage @ SSHS (Frosh/JV 9am-Varsity 11am ) SSHS

August 22 Meet the Coaches Night TBA

August 24-27 Full Pads Practice SSHS All Levels

 3:00-5:30

 **DRESS- Full Pads**

August 26 HOF Gave vs Damonte Ranch F/JV SSHS

August 28 HOF Game vs Damonte Ranch SSHS

**Spring Football – NO COST**

* Instruction will include: coaches EDD (Every Day Drill) introductions.
* Base offense and defense install.

**MIDDLE SCHOOL- Incoming 9th Grade Players- NO COST**

* There will be a 4 day Middle School Football Clinic for 8th graders that WILL BE Freshmen football players who will attend SSHS next year.
* The clinic will be at Shaw Middle School.
* Athletes will be introduced to Cougar Football and the Freshmen Coaching Staff.
* General agility and football specific drills will be introduced.

**Summer Weights and Football Camp- $150.00 (Due the first day of Summer School – June 29 )**

 **\*Checks payable to Spanish Springs High School**

* We will lift weights 3 days a week with 1 day dedicated to Football Drills and Special Teams.
* Lifting Program will include, Squats, Power-Cleans, Bench. Along with functional training and core development.
* Proper lifting technique and supervision of athletes will be stressed daily.
* Our running program will focus on speed and agility development, along with football specific game conditioning.
* Athletes will be introduced to our base offense and defense schemes along with program wide drills and terminology.
* Please try to plan your vacations and family trips around summer weights.
* Multiple sport athletes, please communicate with your Head Coach about tournaments and summer leagues.
* We will participate in 7 on 7 passing tournaments and Lineman Trench War tournaments.
* Please see the summer schedule on the opposite page.

**Spirit Pack - $155 Adidas Team Sponsor**

**ALL ORDERS MUST BE DONE ON THE FOLLOWING WEBSITE:** [www.au1988.com/spanishspringsfb](https://webmail.washoeschools.net/owa/redir.aspx?C=nWvtmOkDjU6i_4mP6jtnrepmeWpdNdIIO4B8L0MdqKCO3nN5uUenqYfmbVBVqzQ-Kui43Dgpdek.&URL=http%3a%2f%2fwww.au1988.com%2fspanishspringsfb)

* Spirit pack will include: Practice Jersey, Game Socks, Mouth Piece, Adidas T-shirt, Adidas Shorts, Adidas Sweat Hood, Russell Girdle.
* You will choose your sizes online from the mandatory spirit pack items. Additional items can be included and optional items will be provided as well.
* **Athletics Unlimited Online Purchasing Portal will open May 1 until May 25.**
* Delivery of your order will be before June 12.

**Banner Signs - $500 optional \*Checks payable to Spanish Springs High School**

* Banner signs will be available for purchase and sale.
* If an athlete sells a Banner Sign, their Spirit Pack fee will be waived.
* Please contact Eric Borja- Head Football Coach if you would like to purchase a Banner Sign eborja@washoeschools.net.

**Gold Card Fundraising**- **(Each player WILL sell 20 Gold Cards -$20 each)**

**\*Checks payable to Spanish Springs High School**

**JULY 15th GOLD CARD BLITZ- ALL LEVELS starting at 11am at SSHS**

* Athletes are expected to sell all 20 cards. Prizes and incentives for those that sell ALL and additional cards.

**SSHS Golden Eagle Football Camp – July 27-29 (Cost included with the summer school fee)**

* JV and Varsity will attend camp with local schools
* Frosh will have individual padded camp at Golden Eagle/SSHS.

**12th Man Football Club**

* 12th Man Football is looking for helpers in a variety of positions.
* If interested contact Eric Borja eborja@washoeschools.net