

# Girls Flag Football



## Coaching Staff

David Olson – Head Coach [Dolson@murrieta.k12.ca.us](mailto:Dolson@murrieta.k12.ca.us)

Monte Jones – Offensive Coordinator/QBs/OL [MCJones@murrieta.k12.ca.us](mailto:MCJones@murrieta.k12.ca.us)

Jon Robinson -LBS [JonRobinsonSR@gmail.com](mailto:JonRobinsonSR@gmail.com)

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Hoby Teets—REC [HTeets@murrieta.k12.ca.us](mailto:HTeets@murrieta.k12.ca.us)

## Important Dates

Summer Camp – June 23<sup>rd</sup>-June 26<sup>th</sup>

First Day of fall camp – July 28<sup>th</sup> 9:30-11:00 (MVHS Football Stadium)

**All athletes must be cleared.** Clearence information can be found on the school website or with Karee Mason at [kmason@murrieta.k12.ca.us](mailto:kmason@murrieta.k12.ca.us) Athletes cannot participate in any activities without being cleared.

## Football Skills Camp: June 23rd – June 26th

WHERE: Murrieta Valley High School Football Stadium 10am to 12:00

Cost \$160.00 cash at the bookkeeper or credit card online on the school website Deadline: June 15th

The camp will include speed development training, film study, football skill development, football scheme development, team building activities and football competitions.

\*Bring water and a snack!

## What is Recommended to Bring to Each Practice

These items are recommended for each player to have in their possession during practice each day. The required head gear will be provided by the school. If you have any questions, see the head coach Dave Olson.

- Black Shorts
- Black Shirt
- Black Socks
- Cleats or Turf Shoes (plastic molded no metal cleats)
- Athletic Type Shoes
- Mouth Guard (provided by the school)
- Gear Bag to keep all your items in
- Sunscreen or sun block is recommended
- WATER container filled w/ ice 32 oz or larger
- A nutritious snack for energy replacement
- Notebook or notepad and writing utensil (copying play book)