

HERALD FOOTBALL

2010

Whittier Christian High School

Head Coach Sergio Gradilla

562.694.3803 x244

Email: sgradilla@wchs.com

The 2010 WCHS Football team is ready to begin spring and summer workouts and we want you to be a part of it. The Varsity Heralds are coming off a trip to the C.I.F. Semi-Finals, posting an overall record of 9-4. The following is all of the information, including dates and times that you will need for the upcoming summer months.

Our summer camp this year will run from June 14 – July 22 with practice starting at 6:00am sharp and ending at approximately 8:00am. We will be working on the fundamentals of football, speed training, learning our offense and defense and weight training on a daily basis. Practices will only run Monday thru Thursday until the end of July.

In accordance with C.I.F. policies WCHS football's dead period will be from July 23 – August 12 (for Varsity) and 15 (for JV). The only activities allowed during this time are weight lifting and speed training. It is strongly encouraged that families plan their vacations during this time; however we realize that new players may have already made plans. If this is the case, we ask the player to contact Coach Gradilla.

All players are required to pay a fee of **\$375** for football. This fee includes all camp wear, 2 pairs of shorts, 2 t-shirts, as well as summer fees for our speed and weight training instructors and coaches. All players are required to be in the proper WCHS football attire anytime they are on campus for practice. **ALL INCOMING FRESHMEN ARE REQUIRED TO ATTEND CAMP.**

Players are expected to have white and red game cleats and any other cleats for practice. At a later date we will have a time available for you to order team cleats at a low cost. If you have any questions, please feel free to contact me by email or in my office.

Looking forward to another great year of Whittier Christian Football.

Coach Gradilla