



Is your son interested in playing freshman football at Mira Costa?

**If so, enroll him in summer football conditioning through the MBX Foundation.
\$275**

<http://www.mbxfoundation.org/summer-school/summer-school>

Signups for freshman begin on Friday March 17, 2017

**Summer football conditioning (non-contact) runs Monday June 19th -
Thursday July 27th.**

Practices are Monday - Friday (no practice on Tuesday July 4th)
Frosh/JV 2-4 pm
Varsity 3:30-5:30 pm

Families are free to vacation between July 28th - August 13th

Fall Camp begins Monday August 14th (contact)

Football is a no-cut sport (except for lack of commitment)
Experience is welcome but not mandatory. Most players have never played organized tackle football before their freshman summer.

Games begin in late August and end in early November.

Mira Costa Football holds sixth period PE and after school workouts throughout the year, unless your son chooses to play another sport after the football season is over.

If you would like to be added to the 2017 freshman Mira Costa Football email distribution list for further information, please email Kelly Thormodsgaard at kellythor@me.com