

Esperanza Aztecs

2009 Freshman Football

Informational Freshman Parent Meeting

On Wednesday May 20, at 7:00pm there will be an informational meeting for parents of incoming freshman football players. We will meet in our multi purpose room on West Campus to discuss important information about summer camp and the Esperanza Aztec football Program.

Summer Camp

Summer Camp will begin on Monday June 15th. Camp days will be Monday through Thursday, with our final day on Thursday, July 23rd. The camp will provide an introduction to the Esperanza Football offense and defense and will include training in both general and position specific football skills. The first hour of each day starts in the weight room where athletes will learn proper weight training techniques and skills. Camp hours are from 1:30pm to 3:45pm. On the first day players will meet in the Esperanza football weight room located in the center quad next to the gym.

Dead Period

Players will be making great physical gains during summer camp, and it is vital that they maintain these gains through what is called the “dead period”. From July 27 through August 14 our football staff cannot coach the players in football skills on the field, but the players can work out and continue to do strength training during this time. We encourage players who are in town to make as many of these workouts as possible. This is dead period is also a great time for families to plan their summer vacations.

Fall Camp

Fall camp two-a-day practice will begin Monday, August 17th. From Monday August 17th, through Friday, August 21, freshman football players will have practice at 8:00am and have 2 practices each day that week TBA by Coach Wren. On Saturday August 22 the freshman will have one practice. Starting August 24th freshman football will have one practice each day at 2:00pm and continue this schedule until games start. Coach Wren is the head freshman coach and any questions about practice can be directed to Coach Wren from August 17th on. His contact number is (949) 637-7854 and e-mail wrenpat@hotmail.com