



2021 Freshmen Football

Welcome to the 2021 season of freshmen football at Heritage High School. We look forward to getting as many incoming freshmen as possible to join our family, so please help us spread the word. If you're ALL-IN with us, we will do everything we can to make you a better football player! Below you will find the details for the start of our season, but please be patient and flexible as things may be changed at any time by the school, the district, the county, the state, or the California Interscholastic Federation.

Summer Workouts:

When: Monday-Thursday from 8-10 a.m. beginning on July 12th (continuing until school resumes)

Where: Heritage High School Stadium (dropping off in the student parking lot is easiest)

Necessary Items For Workouts:

1. Athletes must be enrolled or pre-enrolled as a student at Heritage High School.
2. Athletes **MUST** bring a **LARGE** water bottle of their own for practice. Their water must be clearly labeled and may **NOT** be shared with anyone else. **We will not be allowed to provide water to athletes at this time and we will not allow any athlete who forgot water to participate in any part of that workout.**
3. Athletes should dress in lightweight athletic clothing. We prefer a white dry-fit shirt that you don't mind us writing on with a sharpie. We will discuss how and where to place their names on the shirt at their first workout.
4. Athletes should bring athletic shoes as well as cleats to workouts as we may utilize the track and stairs as well as the field.

Items To Prepare For The 2021 Season:

1. Athletes must follow the directions to complete the online registration/athletic clearance through the Athletic Director at the HHS Athletics home page. The direct website for clearance is athleticclearance.com
2. Athletes must get a sports physical completed for the 2021 school year, dated after June 1, 2021. This will be required as part of the above clearance process as well. These items are not necessary for Summer Workouts, but will quickly be required once official practice begins.

NO SPECTATORS ARE ALLOWED AT WORKOUTS

WE WILL HOLD A PARENT MEETING ON ZOOM WHEN WE OFFICIALLY BEGIN PRACTICE.

Questions:

Please contact Freshmen Head Coach Tom Perry at perryt@luhsd.net or Varsity Head Coach Dave Fogelstrom at fogelstr@luhsd.net or 925-759-5883