

LAS LOMAS KNIGHTS FOOTBALL

May, 2021

Doug Longero
Head Football Coach
Las Lomas High School
1460 S. Main Street
Walnut Creek, Ca 94596
(925) 280-3920 x2219



Dear Future Knight;

I would like to cordially invite you to participate in the Las Lomas football program. Our football program is striving for greatness, both on and off the field. Your interest comes at a time when we are striving to become one of the top football programs in the East Bay. The Las Lomas football program prides itself on providing a fun and enthusiastic after school activity. Involvement in Las Lomas football provides many opportunities to meet and work with new people. Your interest and participation is the key to the success of our football program. Here is a couple of important events and dates to keep in mind:

- **There will be a meeting June 3rd for all incoming freshmen(Parents).** The meeting will be held via Zoom @ 7:00pm. Please use this link <https://auhsdschools.zoom.us/j/88207311274>
- **The first day of freshman football practice is scheduled for August 9th at TBD.** Players must have a physical exam and Acalanes High School District Athletic Clearance form turned in by the first day of practice. *All physicals must be dated after July 1.*
- **There will be a summer conditioning program from 3:00-6:00 PM starting Monday, June 7th.** This program is not mandatory, but highly recommended. The program will consist of weight training and a cardiovascular workout. The program will be held Mondays-Thursdays. All those interested are welcome to attend.
- This year's player contributions **will be due July 29th**

Varsity	JV/Freshman
\$525.00	\$425.00

I look forward to meeting and working with you. If you know of anyone interested in playing football at Las Lomas tell them to call the Las Lomas Football Office at the above number. We hope to see you soon, and I can't wait to see you wear the maroon and gold.

Go Knights,

Doug Longero
Head Coach

PLEASE RETURN THIS PORTION WITH YOUR PAYMENT

Players Name: _____ **Phone:** _____

Email Address: _____ **Amt. Enclosed:** _____

Checks Made Payable to Las Lomas Football Foundation