



Alameda High School Football 2018

Please mark your calendars. Additional details will be forwarded as they become available.

- Now-June 6** **Spring Conditioning**
After school weight training 3:00-4:30 and 7:00- 8:15 Mon-Fri
at the AHS weight room.
- May 3 -31** **Spring Ball**
Every Thursday at 3;30- 7:00 pm at Lincoln School
- June 20** **Summer Practices begin**
(exact times/dates/location are pending the Athletic Director's
confirmation. More Info to follow.)
- July 1-15** **Complete Family ID registration and Physical**
(A physical will be required.You will find the form to download in
the Family ID registration. Physical must be after July 1st for the
2018-2109 school year. Physicals prior to July 1st are not valid
per district policy. Family ID link can be found on the AHS School
Loop site. Not available yet, but check back after school is out)
- July 16** **Practice with Pads**
Practice with helmet and pads begins. Players must have
completed their Family ID and physical by this date.
- August 3** **Official Start of Football season**
Mandatory team practices begin
- August 4** **Golf Tournament Fundraiser/Football Family Kick
Off Dinner**
- August 17** **AHS vs. College Park (first home game)**

Please contact Coach Paulo Sunia with any questions:

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