



FRESHMAN FOOTBALL PLAYER & PARENT MEETING

2026 University High School



INTRODUCTION

- ✓ WELCOME
- ✓ SUMMER & FALL CAMP SCHEDULE
- ✓ BENEFITS OF FOOTBALL
- ✓ HOW YOU CAN SUPPORT YOUR SON AND OUR PROGRAM

- ✓ GOALS
- ✓ SEASON SCHEDULE
- ✓ COMMUNICATIONS
- ✓ Q & A





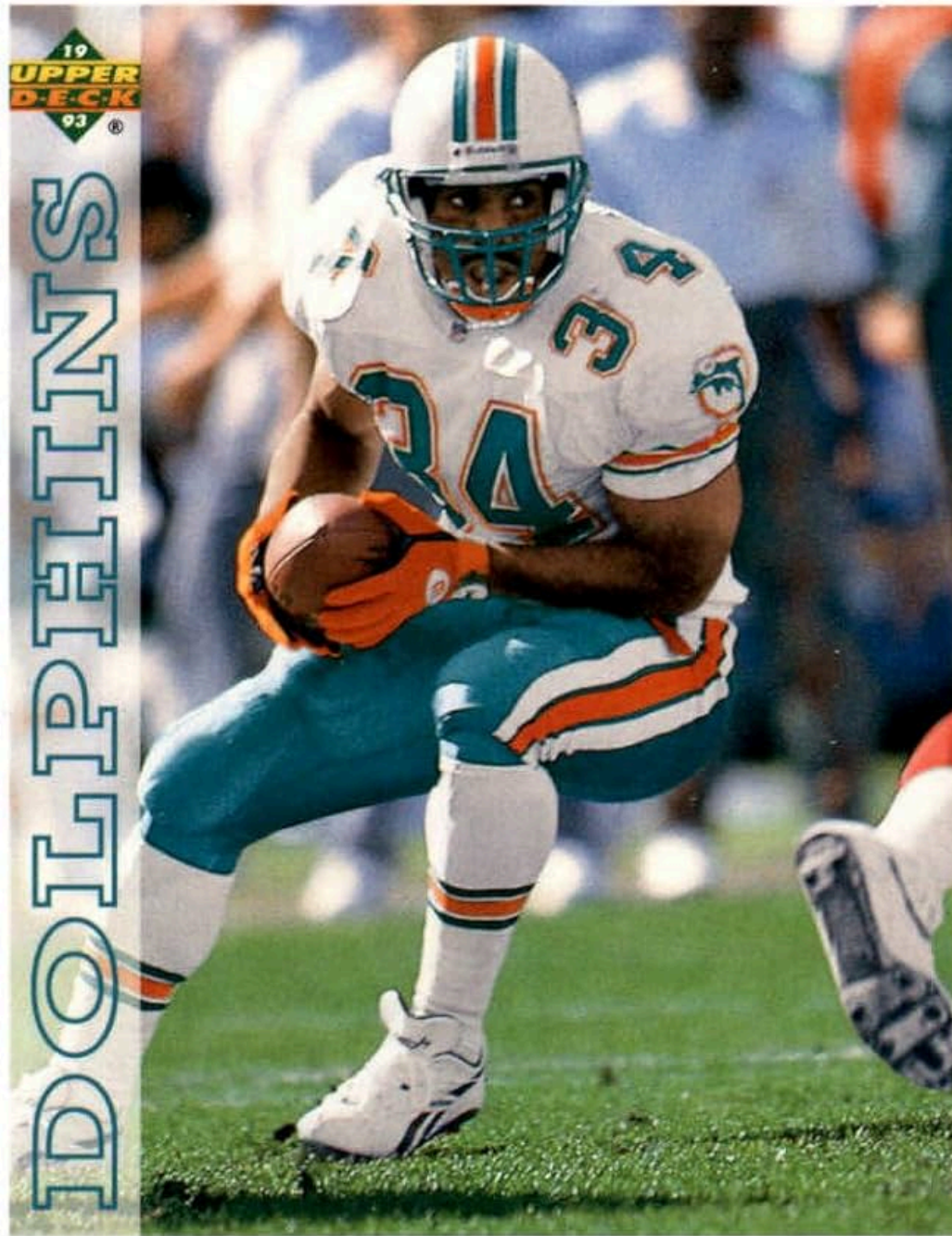
WELCOME!

**UNI FOOTBALL
HEAD COACH**

VINCE MESA

**EMAIL:
VINCEMESA@IUSD.ORG**





Aaron Craver

R B

FRESHMAN
HEAD COACH

AARON CRAVER

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AARONCRAVER@IUSD.ORG



GOALS



Development of players to teach how to play tackle football the right way



Push Players to be the best they can be as individuals



Be competitive (Be best we can be collectively as a team)



Be a good teammate



Win (like an A on an exam after studying to feel the benefit of hard work)



Have Fun!

FRESHMAN SUMMER CAMP



Program Dates

- June 22 – July 16 (4 weeks)
- Monday – Thursday | 7:00 AM – 9:00 AM



Donation Based

- ASB Suggested: \$500
- Minimum to avoid cancellation: \$350



Program Highlights

- No full contact (no tackling)
- Early bonding with teammates
- Skill development, strength, and conditioning



Requirements

- Wear team color (**Blue, White, Black, Grey**)
- **Practice uniforms** required for scrimmage, order by **May 15**
- **Athletic Clearance** required

CAMP COSTS & DONATIONS

100% of your donation directly funds summer program costs, including coaching, equipment, and facilities.

FAMILIES MAY CONTRIBUTE IN THE WAY THAT WORKS BEST!

***Donations are voluntary per state law and school policy, and no student will be excluded from Summer Skills Camp due to inability to pay.

Register via
[UNI Athletics Summer camp page](#)
by Jun 1

FALL CAMP



REGISTRATION - JULY 25
EQUIPMENT DAY - TBD



FIRST DAY OF FALL CAMP - JULY 27
Mon-Fri 2:30pm - 4pm



IN SEASON

Weight Room : Mon, Wed, Fri 7am-7:50-am
(May be adjusted based on the Water Polo weight room schedule. May also lift Sat morning as needed.)
Practice : Mon-Fri 2:30pm - 4pm



FIRST GAME OF 2026 SEASON
Varsity - Thu, August 20
Frosh - Fri, August 21



To be able to compete, all players must complete :

- 5 days of practice in helmets only
- 2 days in helmets + pads
- 10 days in full gear

2026 SCHEDULE



VARSITY	OPPONENT	FROSH
THU 8/20 7:00 PM	GODINEZ	FRI 8/21 3:00 PM
FRI 8/28 7:00 PM	BOLSA GRANDE	THU 8/27 3:30 PM
THU 9/3 7:00 PM	PORTOLA	THU 9/3 3:30 PM
FRI 9/11 7:00 PM	ANAHEIM	THU 9/10 3:30 PM
FRI 9/18 7:00 PM	WOODBIDGE	THU 9/17 3:30 PM
FRI 10/2 7:00 PM	SANTA ANA	THU 10/1 3:30 PM
FRI 10/9 7:00 PM	ESTANCIA	THU 10/8 3:30 PM
THU 10/15 7:00 PM	GARDEN GROVE	FRI 10/16 3:30 PM
FRI 10/23 7:00 PM	BUENA PARK	THU 10/22 3:30 PM
FRI 10/30 7:00 PM	LOS AMIGOS	THU 10/29 3:30 PM

**Don't miss out on
Fall Camp!!**

To be eligible to play in the first game of the season, players must complete the following practice requirements:

- 5 days of practice wearing helmets only
- 2 days of practice wearing helmets and pads
- 10 days of practice in full gear

home



away



unitrojanfootball.com

IN SEASON SCHEDULE



MON, WED:

WEIGHT ROOM 2:20pm – 3:15pm
FIELD 3:15pm – 6:00pm



TUE, FRI:

FIELD 2:30pm – 6:00pm



THU – FROSH GAME DAY

Home – 2:30pm – 3:30pm Warm-Up

Away – Bus to leave 1:30pm Players to be excused from class early

Game Time – 3:30pm Parents Welcome (Frosh Games are Free)

NOTE : Two FROSH games are on Fri this season.

REFRESH: WHAT IS UNIQUE ABOUT FOOTBALL?

Football can be challenging, and some players may feel like quitting, but commitment to the season—and ideally the next four years—is expected. The sport builds valuable life skills, so we encourage parents to stay positive and supportive. Benefits include:



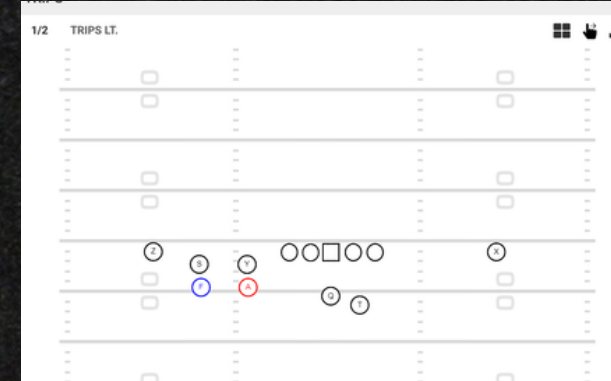
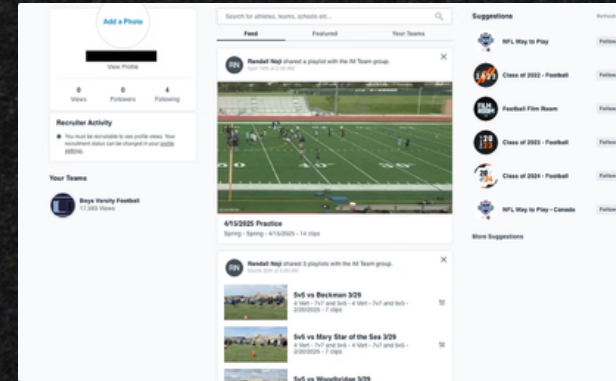
COACHES ARE HERE TO SUPPORT PLAYERS GET THROUGH CHALLENGES AND DIFFICULTIES.

It is through conquering these obstacles that players can look back and find football is a rewarding and often the most satisfying team sport.

COMMUNICATIONS

Hudl

Video Analysis and Player Communication



JustPlaySolutions

Team Management
Playbook Access

FAMILIES

TeamSnap

Email, Chat and Calendar. New families will be invited to join TeamSnap before Summer Camp starts.



Instagram

General

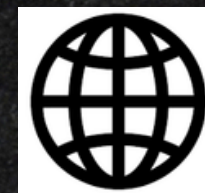
Communication

@unitrojanfootball



Web Site

News, Calendar,
Resources, Gear Stores, etc
www.unitrojanfootball.com



MEDIA

Online-Newspaper

Cover High School
Varsity Sports



Hudl-Fan

Live Stream,
Highlights




MAXPREPS

Roster, Stats,
Game Schedules,
Scores

SOCIAL MEDIA WAIVER

- **We use social media to promote the program**
- **We promote our players**
- **Information to the community**
- **Opt out**

OFF-SEASON

SEASON	PROGRAM	KEY BENEFIT	IMPACT ON FOOTBALL
NEW! WINTER	Track & Field	Speed Development, Conditioning, Mental Toughness	Faster athletes = more separation, better pursuit angles, and game-changing plays
SPRING	Strength & Conditioning (Weightlifting)	Increased Strength, Injury Prevention, Improved Body Composition, Discipline & Accountability	Stronger players win more one-on-one battles and stay healthier throughout the season
SPRING	4-VERT & 5-UpFront League 	Skill Development & Competition, Skill Application	Football IQ, Team Chemistry, Fun, Competitive Environment

Year-Round Engagement = Program Success

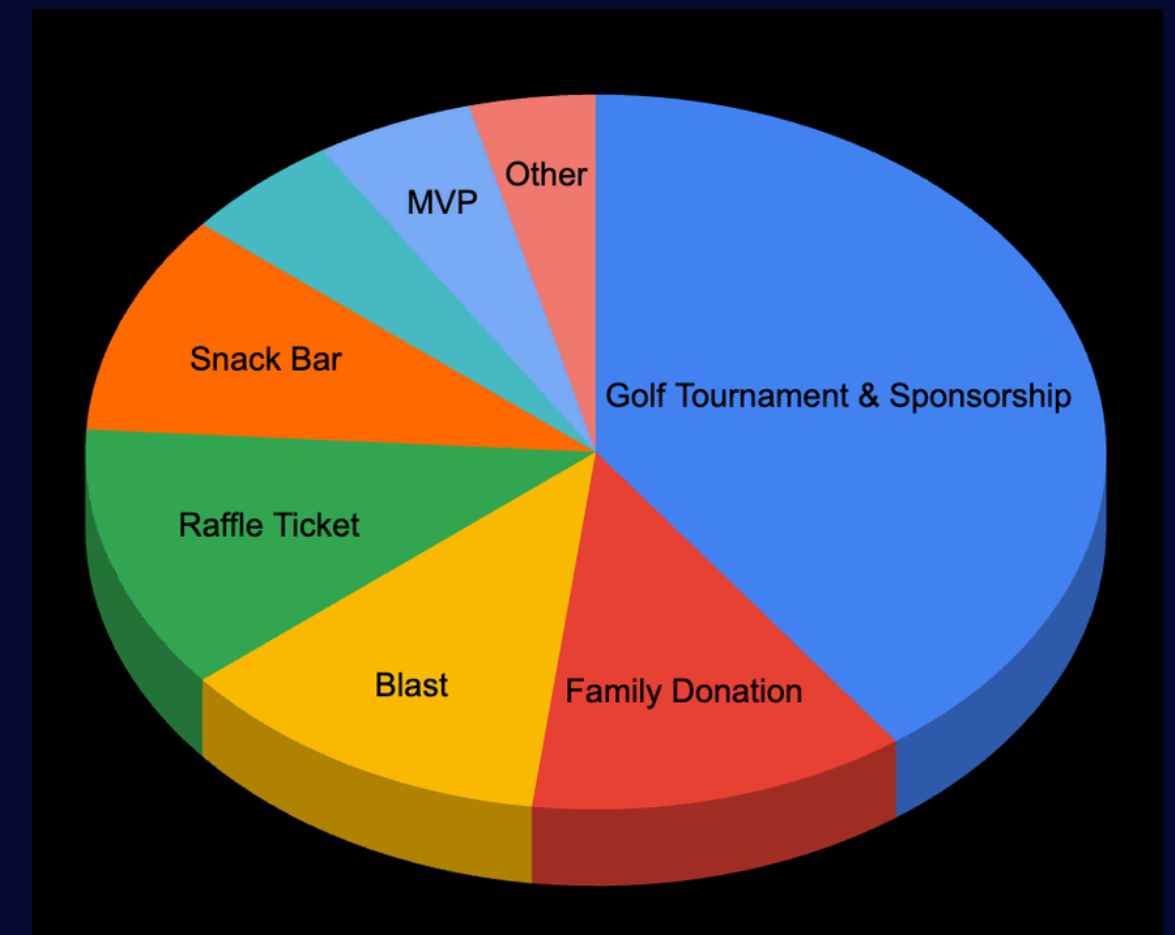
PARENT INVOLVEMENT : FUNDRAISING

INDIVIDUAL FUNDRAISING GOAL

- Parents & players work together to raise **\$1,000 per player**
- Lower than other programs :
 - Basketball: \$1,300
 - Cheer: \$2,000+

HOW TO REACH YOUR \$1,000 GOAL

- Family registration (donation), \$410, or sell a stadium banner
- Raffle ticket sales
- “Blast”
- Corporate Match



Fundraising

- Golf Tournament & Sponsorship
- Family Donation
- Blast
- Raffle Ticket
- Snack Bar
- Festival Parking
- MVP
- Other



BLAST ATHLETICS



JOIN Your Team

Open Camera & Scan the QR code
Click Create Account
Follow the Steps to Join 'UNI High
Football Program'



- Online Fundraiser for Family & Friends
- Text & Email is better than just email
- Personalized Call A Thon
- 3 ways to raise \$\$ - initial donations, monthly recurring donations or digital ads
- Fundraiser open all season
- We provide an experience, not a product
- Give Back to Donors with Coverage
- Grandma's, Aunts & Uncles Love Us!
Happy Donors

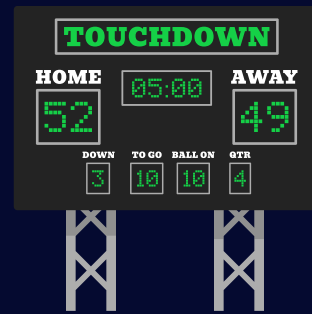


PARENTS INVOLVEMENT

FRESHMAN PARENT VOLUNTEER REQUIREMENT

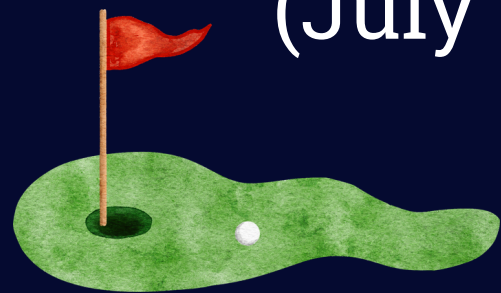
FROSH HOME GAMES

- Field Chains
- Photographer
- Scoreboard Operator



BOOSTER OPERATIONS

- Freshman Liaison
- Golf Tournament Fundraiser
(July - See Flyer)



VARSITY HOME GAMES

8 volunteers minimum at each home game
More for Homecoming

SNACK BAR - Raised \$10,000 last season

- 6 Varsity Home Games
- Need Snack Bar Manager(s)
- Need Snack Bar Staffs

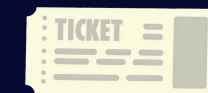


SPIRIT WEAR

- Blast Online Store
- Spiritwear booth at 2-3 Varsity Home Games



MVP



- MVP (Season Pass Holders) Check-in

*** Join our monthly Booster meetings ***

QUESTIONS ?

