



FRESHMAN FOOTBALL PLAYER & PARENT MEETING

2026 University High School



INTRODUCTION



WELCOME



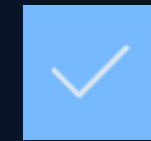
**SUMMER & FALL CAMP
SCHEDULE**



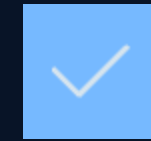
BENEFITS OF FOOTBALL



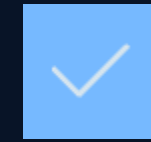
**HOW YOU CAN SUPPORT YOUR
SON AND OUR PROGRAM**



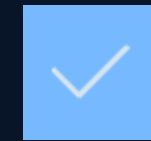
GOALS



SEASON SCHEDULE



COMMUNICATION



Q & A





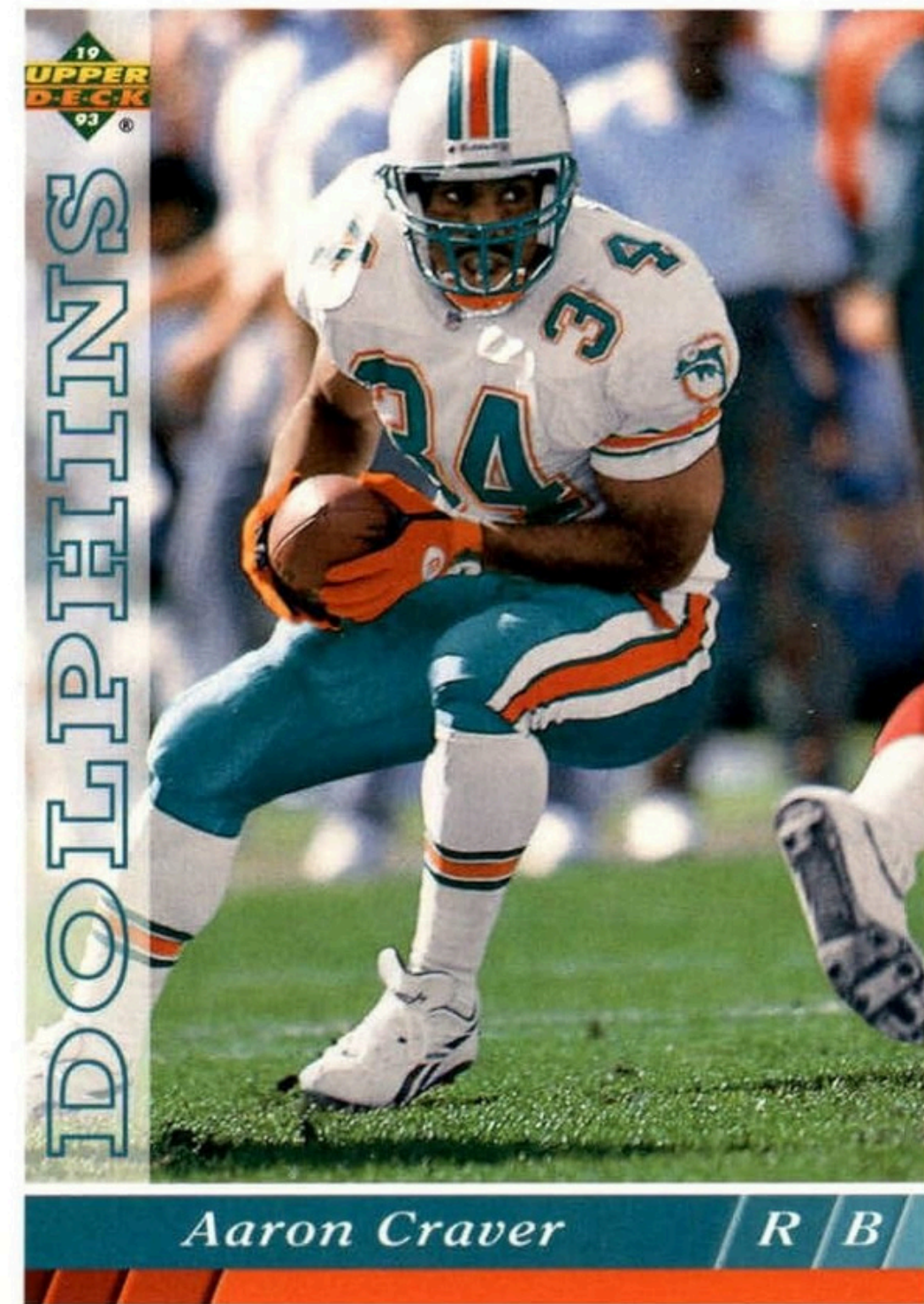
WELCOME!

**UNI FOOTBALL
HEAD COACH**

VINCE MESA

**EMAIL:
VINCEMESA@IUSD.ORG**





**FRESHMAN
HEAD COACH**

AARON CRAVER

**EMAIL:
AARONCRAVER@IUSD.ORG**





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



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



Not full contact (no tackling)

- Early bonding with teammates
- Skill development
- Promote proper strength and conditioning



JUNE 22 - JULY 16 (4 weeks)

- Mon, Tue, Wed, Thu | 7:00am - 9:00am
- Suggested Donation \$500, minimum \$350



Requirements

- No experience necessary
- Pre-order practice gear by May 15, required for scrimmage
- Athletic Clearance required
- Register via the [UNI Athletics Summer camp page](#) by Jun 1

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:

- **Cover the suggested amount**
- **Make a partial donation (any amount is appreciated)**
- **Give extra to sponsor other players**
- **Register without a donation**

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

FALL CAMP



REGISTRATION & EQUIPMENT DAY - JULY 25



FIRST DAY OF FALL CAMP - JULY 27

Mon-Fri 2:30pm - 4pm



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



WEIGHTROOM:

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 : 30pm – 4:00pm



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.

MEDIA & COMMUNICATIONS

TeamSnap

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



Instagram

General Communication
Follow us :
[@unitrojanfootball](https://www.instagram.com/unitrojanfootball)



Web Site

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



MaxPreps

Roster, Stats, Game Schedules



Online-Newspaper

Cover High School Sports



Hudl-Fan

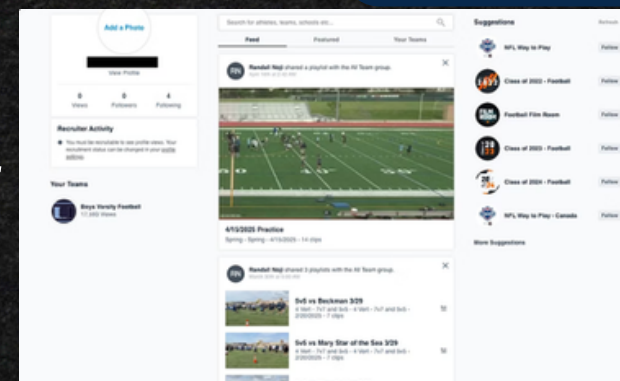
Live Stream, Highlights



PLAYERS ONLY

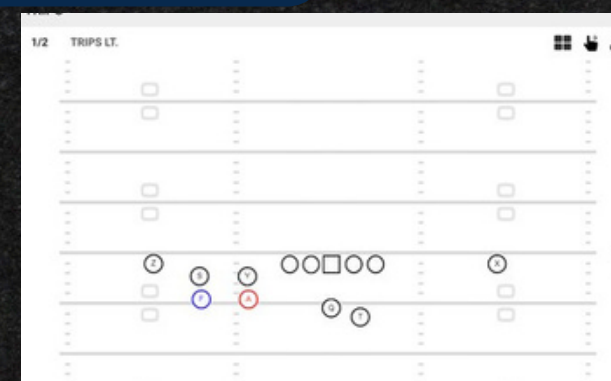
Hudl

Video Analysis and Player Communication



JustPlaySolutions

Team Management and Playbook Access



OFF-SEASON

| SEASON | PROGRAM | KEY BENEFIT | IMPACT ON FOOTBALL |
|---------------|---|---|---|
| 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

Why We Fundraise

- Year round program, including off-season (not school-funded), cost: \$75,000
- Varsity home game ticket sales are collected by ASB

The central pie chart illustrates the distribution of fundraising costs:

| Category | Color |
|------------------------------|------------|
| Off Season | Blue |
| Team Meals, Events & Banquet | Red |
| Coaches' Expenses | Yellow |
| Media | Green |
| uniforms & Equip. | Orange |
| G&A | Light Blue |

Surrounding images include: a player at a computer, football helmets, a soccer goal, a coach on a headset, a coach pointing, a player with a football, a player with a barbell, a player in a pool, a group of players sitting, and a group of players eating at a table.

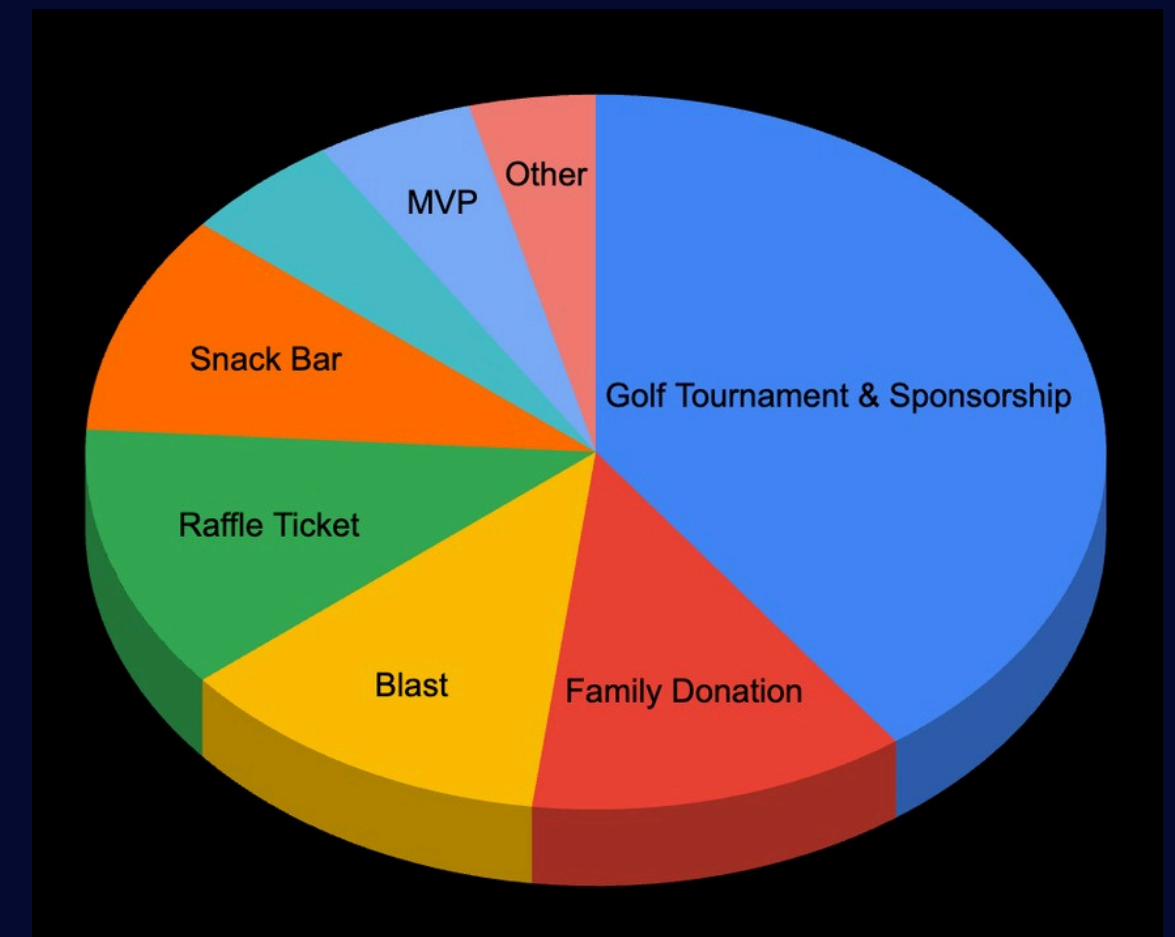
PARENT INVOLVEMENT : FUNDRAISING

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

PARENTS INVOLVEMENT

FRESHMAN PARENT VOLUNTEER REQUIREMENT

FROSH HOME GAMES

- Field Chains
- Photographer
- Scoreboard Operator

VARSITY HOME GAMES

- Snack Bar Manager
- Snack Bar Staff
- Spiritwear Table
- MVP (Season Pass Holders)
Check-in

BOOSTER OPERATIONS

Freshman Liaison (Year Round)
Golf Tournament Fundraiser (July)

*** Join our monthly Booster meetings ***

QUESTIONS ?

