

Football & Cheer Newsletter

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Special points of interest:

- GPA's 4.0 or better could be featured in the SCP Newsletter
- 1st place PWee cheer
- Division 1 champions Varsity
- JAMZ regionals JV cheer 2nd place
- Easter Egg Hunts
- Rec Centers Allied Gardens/San Carlos

2018 FOOTBALL SEASON IS APPROACHING FAST

Patriot family & friends the 2018 football season is approaching fast. As always safety is our number one concern. Lets keep our kids safe both on & off the field. SCP coaching staffs will be participating again this year in USA Football safety training. This training focuses on proper techniques during practices & in games. It is required that all youth associations have a representative (Player Safety Coach) attend these trainings. SCP has gone a step further & is requiring **at minimum two coaches from each coaching staff**, again from each coaching staff, along with Player Safety Coach to attend this training.



Community Easter Egg Hunt

March 31, 2018 11am-2pm

Princess Del Cerro Park

6195 Wenrich Dr
San Diego, Ca 92120

Hosted by

Carol Lusidia Morrow
realtor

The 2018 football season is nearly here & we will be taking the field soon.

Lets get those boys & girls out of the house & start some outdoor activities. Off season stretching & running is a great way to get ahead of the curve. If you need some expert instruction on technique, exercises, or just want to get your cardio ready for the season we suggest **Step Academy**. Coach Rod Williams has the know how & can greatly improve on what you already have. **DON'T WAIT UNTIL CONDITIONING STARTS** (around August 1) to start getting in great shape.

RECAP

Last season was a good one for SCP. Cheer had squads compete at Magic Mountain and in Vegas.. MMite cheer received spirit medals in local competitions. JPWee cheer placed 5th at the SD Pop Warner competition.

PWee cheer placed 1st at SD Pop Warner completion, advanced to SD Wescon regional competition, finished 2nd at JAMZ regionals, & advanced to regionals in Las Vegas. JV cheer placed 5th at the San Pop Warner competition, 2nd at the JAMZ regionals, & advanced to Nationals in Vegas.

Pwee & JV football participated in playoff games last season. Varsity football also made it to the playoffs & beyond, capturing a SD Pop Warner Division 1 championship title.

SCP CHEER IS NUMBER 1



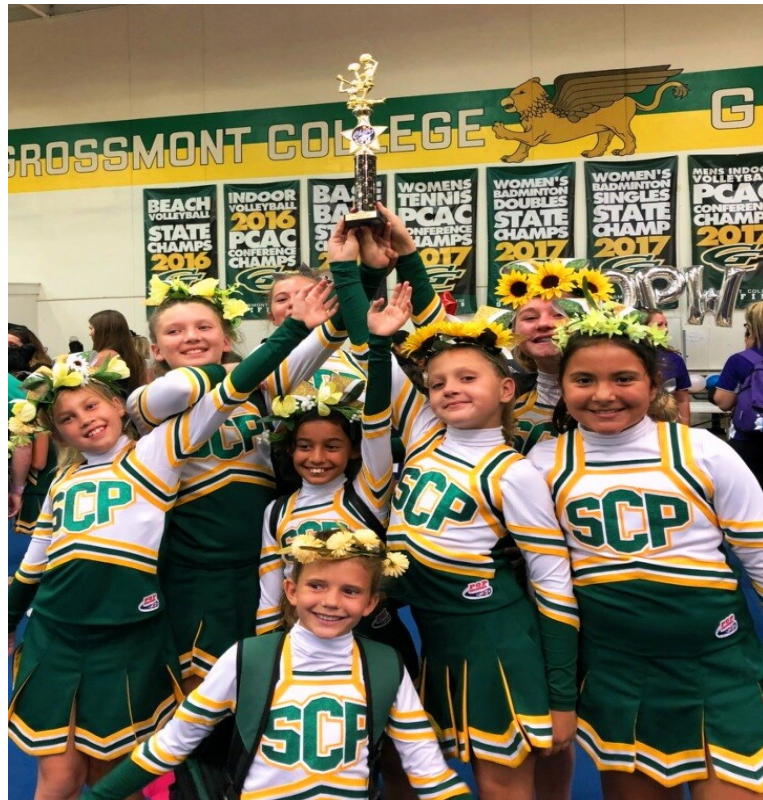
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WWW.PWSANCARLOSPATRIOTS.COM

To the right you see **SCP Pwee cheer** holding up the trophy. Below bottom SCP girls **GETTING SOME AIR**. SCP Cheer did a remarkable job last season. Spirit medals for MMite, JPWee cheer 5th place at the SD Pop Warner competition, **PWee cheer placed 1st at SD Pop Warner competition**, placed 2nd at JAMZ regionals, participated at SD Wescon regional competition, & went to Las Vegas for regionals. JV cheer 5th at SD Pop Warner competition, 2nd at the JAMZ regionals, & advanced to Nationals in Vegas.

GREAT JOB LADIES

Varsity football also made it to the playoffs & beyond. Capturing a SD Pop Warner **Division 1 championship title**. Pwee & JV football participated in playoffs last season.



"Cheer making a difference"



6445 Lake Badin Ave.
San Diego, Ca. 92119
www.pwsancarlospatriots.com

ARE YOU READY FOR SOME FOOTBALL

MOUTHPIECE

Lost/misplaced/damaged
WE GOT EM
DO NOT MISS PLAY TIME
Because of a mouthpiece

**Replacement mouthpieces are
now available**

For the best action shots in
San Diego
visit

5683photography.com

President: Teshawn Johnson
Vice President: Rene Lopez
Eligibility A: Mayisha Fruge
Eligibility B: La Toya Patterson
Cheer Director: Kari Rice
Tackle Director: Tyrell Richard Sr
Secretary: Nichole Kozminski
Treasurer: Russell Nothaft
Lil Scholars: Syreeta Hollins
Publicity Director: Shaunte Cephus
Equipment Mgr: Jim Kozminski
Fundraiser Coord:

Community Easter Egg Hunt

March 31, 2018 11am-2pm

Princess Del Cerro Park

6195 Wenrich Dr
San Diego, Ca 92120

SIGN UPS/REGISTRATION 2018

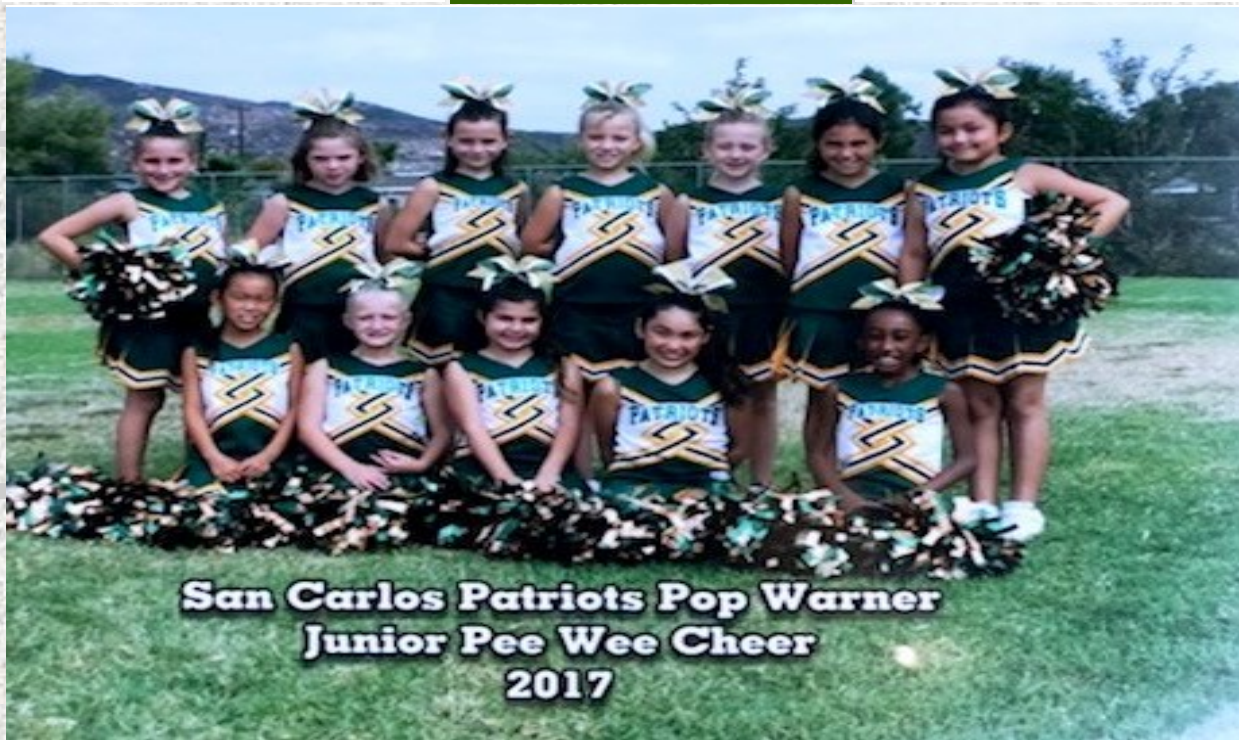
10am-2pm

March 10 Allied Gardens Rec
March 24 San Carlos Rec
April 14 San Carlos Rec
April 28 Dicks Sporting Goods
(El Cajon Mall)
May 6 San Carlos Rec
May 19 Allied Gardens Rec
June 9 San Carlos Rec

Dates/times subject to change

Football
Early Bird Feb-March 2018: \$250
Beginning April 2018: \$300
Cheer \$300
Lowest prices in town

"Jr PWee
cheer 2017"



"STEP ACADEMY" Speed to Enhance Performance

What can I say. Mr. Rod Williams is a well known football, track & field, & strength & conditioning coach. He has trained some of the best. Training

athletes is a hobby for Mr. Williams. He has developed routines that can take you to tre-

mendous heights. Similar training is currently being held at college & some NFL facilities. STEP Speed to Enhance Performance,

<https://www.facebook.com/sancarlospatriots/>

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SAN CARLOS PATRIOTS

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Allied Gardens
Rec Center
A community of
**Fun Family &
Friends**




San Carlos Rec
Center
In your neighborhood
where
**Friends Family
Fun**
Come together



If you would like to make a donation or
provide sponsorship. Please contact
Nichole Kozminski.
nkozminski@yahoo.com



Carnival & Jog-a-thon Stay
tuned for more info


**TEAM WORK
MAKES THE
DREAM WORK**

Parents, family, friends, & our surrounding neighborhood communities. We would like to invite you out to the Easter Egg Hunts March 31, 2018. There's not just one egg hunt in our community but two. Yes you heard it correctly two **EASTER EGG HUNTS**. San Carlos recreation center is putting on a fabulous event & we want you to come out & enjoy. This is their annual event & it is sure to be fun. Also **Carol Lusidia Morrow** realtor is hosting the 3rd annual Easter Egg Hunt at **Princess Del Cerro Park**. There will be 6000 eggs to hunt, an appearance from Peter Cotton Tail, games, crafts, & a whole lot of fun. These two events are going to be a great time for the whole family. We look forward to seeing at one or maybe both events.

The San Carlos Patriots Board of Directors thank you in advance.

SCP family:

Do you know a young girl or boy who is a remarkable student? Lets celebrate their achievements. GPA's 4.0 or better, send in a picture with their name, division, school, interests, and future plans. They may be featured in a future SCP newsletter

Easter Egg Hunt

San Carlos Rec Center

March 31, 2018 10am-1pm
6445 Lake Badin Ave.
San Diego, Ca. 92119



Hard days are the best because that's when champions are made.
GABBY DOUGLAS



PATRIOTS

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