San Carlos Patriots

Volume 2 Issue 5

July 13, 2018

Football & Cheer Newsletter

Inside this issue:

Registration for your athlete	2
Important dates	2
Additional registration dates	3
SCP Board members	3
Carnival date	3
Inspirational quote	4
Best action shots	4
Additional coaches requirements	4

Special points of interest:

- Conditioning begins
- SCP cheer program
- Registration continues
- Carnival date confirmed
- Where to find us (on the web)
- Where to find us (on facebook)
- July 14, July 14, July 28 Sign ups

July 14, 21, & 28, 2018 more sign ups for all of you procrastinators. Remember to turn in your athlete's final report card & doctor signed physical form. Its time, ***CONDITIONING, STARTS NOW.*** Those of you that have not been active in off season work outs or sports activities really need to start some kind of routine now to get prepared for the season. We recommend ***STEP ACADEMY. STEP ACADEMY*** has a program for you.

CONDITIONING BEGINS

AUGUST 1, 2018

AUGUST 1-3

5PM-7:30PM

AUGUST 4

9AM-11:30AM

AUGUST 6-9

5PM-7:30PM

San Carlos Rec

No matter what your fitness level is, no matter your age group, no matter your sport activity. ***STEP*** can improve on your talents. Again it is vital that each athlete start training now so when the season hits August 1, 2018 it wont be such a drastic shake up to your body & mind. As always we must continue to **practice safety first** both on/off the field. Reemphasize to your athlete that ***he/she is a student first*** & an athlete second. Reaffirm that each participant must excel in the classroom.

1, 2, buckle my shoe, Nah bump that, 1st & ten, lets do it again,, 5 yards, 10 yards, 20 yards, touch down. 3 & out, 1st down, 1st down, 1st down, Touch Down.

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, football division, school, interests, and future plans. They may be featured in a future SCP newsletter

WORD ON THE STREETS. *SCP 2018 cheer program is on the UPSWING & motivated by a* ***wonderful group of cheer athlete's*** *being led by a* ***remarkable cheer Director.*** *Its not too late, register your cheer athlete's and be a part of the best cheer program in San Diego county.* ***PERIOD, END OF DISCUISSION.***

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

WWW.PWSANCARLOSPATRIOTS.COM

SAN CARLOS PATRIOTS
6445 Lake Badin Ave.
San Diego, Ca. 92119
Www.pwsancarlospatriots.com

PATRIOTS

SCP

SC Patriots

SCP

COACHES REQUIREMENTS

1) ***CDC concussion course (https://headsup.cdc.gov)***
2) ***Volunteer application***
3) ***CDL (color copy)***
4) Background check (SCP board member will process background check)
5) 2 X 2 color photo of yourself (SCP board member will take your picture)
6) ***Coaches risk management form (last page signed & turned in)***
7) ***Tackle or Flag certification (Log into USA football & complete certificate)***
8) ***Coaches conduct form, printed, initialed, & turned in***
9) Attend a coaches clinic (date to be determined)
10) Head coach & one other coach (on each coaching staff) need CPR & 1St aid certification
11) Head coach & one other coach (on each coaching staff) must attend player safety training (date to be determined)
12) SDPW emergency action plan (Pop Warner will provide 2018 forms)
13) Most forms can be printed from Pop Warner website (http://www.popwarner.com/Default.aspx?tabid=1578539) &/or SCP website (www.pwsancarlospatriots.com)

IMPORTANT DATES

Saturday July 21, 2018: 10am-2pm Parent orientation. Come meet the coaching staffs. Meet & greet with the new SCP board. Also food & merchandise will be available for purchase.
Saturday July 21, 2018: Football cleat drive. Bring in your slightly used cleats for donation. Other SCP athletes may be able to use them.
Saturday July 21, 2018: Last chance physicals, 25$ per athlete.
Wednesday August 1, 2018: Conditioning begins.
Saturday August 11, 2018: 10am-2pm SCP Community Carnival. Tell a friend, tell a neighbor, tell a relative. This event will be fun for the whole family.

Registration for your athlete

1) Player Contract
2) Copy Of Birth Certificate
3) Copy of Current Physical
4) Copy of end of year Report Card
5) Payment: Cash, Check, Credit Card & Player.
6) The forms can be found under the Pop Warner Forms tab.
7) Our league photographer will be at registration to take the picture (headshot) of your player to attach to their registration paperwork.
8) Form can be found on the San Diego Pop Warner forms tab.

ITS GOING DOWN

San Carlos Patriots

Annual Carnival

August 11, 2018 10 am - 4 pm

SCP Coaches

Copy & paste below address, log –in, complete your flag or tackle certifications

https://usafootball.com/dashboard?orgId=0018000000j5Mt4AAE

SCP BAORD MEMEBERS

To your left you see Mr. Shawnte Cephus Publicity Director (far left) along with Mr. Teshawn Johnson President. These two gentlemen play different rolls in the success of the San Carlos Patriots but both have ***great responsibility***. Mr. Cephus although not out on the football field manages our Facebook SCP site. He does a great job with keeping information up to date & relevant for parents, board members, family, & friends. He also manages the printing of many of the flyers you see being passed out or on our SCP websites. Mr. Johnson is an all around football coach. Weather it be on the field giving our youth instruction or in one of the neighborhood parks speaking with parents about this great sport we all love, Mr. Johnson loves making a difference in our youth. Often times Mr. Johnson gets caught up in caring ***too much.*** With a ***great passion for the game*** he regularly stretches himself thin trying to educate, encourage, & motivate all the kids, not just the kids on his particular football team. Mr. Johnson along with Mr. Cephus brings a great deal of pride, community first, & a all kids are welcome attitude to the San Carlos, Allied Gardens areas, Del Cerro areas.

WE THANK YOU GENTLEMEN FOR ALL YOU DO

Additional registration dates have been added. You can now register your youth athlete every Saturday in the month of July from 10am –2pm @ the san Carlos rec center.
6445 Lake Badin Ave. San Diego Ca. 92119

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

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Additional Coaches Requirement Concussion training https://headsup.cdc.gov

Drills & Training month of July @
Dillard Park Mondays & Thursdays
5:30-7:30pm
Conditioning begins August 1, 2018
San Carlos Rec 5:00-7:30pm

Message from the President

ITS GAME TIME, NOT!

ONLY AFTER
HARD WORK, COMMITMENT, MAXIMUM
EFFORT, NO EXCUSES, then & only & then is it

GAME TIME

SC Patriots

For the best football action shots visit
Www.sancarlospatriotsphotos.shutterfly.com

Move as a unit! Play as a team! Live as a family of brothers and sisters!

STUDENT ATHLETE
Strives for excellence in the classroom & beyond

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

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