



## **TKA Football Program 2023**

All incoming freshmen (which include former TKA 8<sup>th</sup> graders) can begin participation starting on Saturday, June 3, per CIF/CCS rules. All summer practices and games end on Thursday, July 20.

### **Summer Football (HIGHLY encouraged for all players)**

**Cost: \$250 includes Spirit Gear (2 shirts and 2 shorts).**

**Practices: Monday-Thursday, June 5 - July 20**

- JV: 1400-1600
- Varsity: 1500-1700

**Recommended Family Vacation/Travel Dates:**

- June 30 - July 9
- July 24 - August 3

**Additional Notes:**

- 7 on 7's TBD during summer
- Team Bonding Events TBD

### **Fall Football**

**Cost: \$500 includes season issued Football Equipment Gear (helmet, pads, etc).**

**Cost: \$350 (est.) for team dinners, snacks, drinks, etc.**

- Friday, August 4: First day regular season (Kings Day), mandatory for all players
- Practice is mandatory for all players Monday through Saturday!
- Before School begins:
  - Mon - Sat Practice, Lunch, Lift, and Chalk Time 1000 - 1600
  - NOTE: Times may adjust slightly depending on heat index, but expect two a day practices with team events and lunch between practices
  - Scrimmage on Aug 12th
- After school begins (15 Aug):
  - Mon – Tues; Thurs – Fri Practice Sessions 1530 – 1800
  - Wed Practice Sessions 0630 – 0900
  - Wed Mandatory Study Hall 0900 – 0950 (Potentially after school as well)
  - Sat Film & Lift Sessions 0930 – 1200

### **Scrimmages**

- Saturday, August 12: Inter-squad
- Friday, August 19: Another school TBD

### **1st Game**

- Friday, August 25 vs Mountain View (Away)