



MOUNTAIN VIEW FOOTBALL

IMPORTANT DATES/INFO:

We are excited to have you join the Cougar Football Family. This letter includes some important dates to help you plan your summer. It is also a great way to stay busy, get involved early, and get a head start on your high school football experience. Please discuss these dates with your parents ASAP!

Linfield Team Camp

- Camp is June 21-24 at Linfield College= Transportation will be provided to camp
- Cost of camp is \$245 and includes meals/lodging
- Registration/Waiver/Payment is completed through the following website (Please do all 3):

- <http://linfieldsummercamps.weebly.com/mountain-view-or.html>

- Gear will be checked out through MVHS
- Spring Practice** begins: select days from May 30-June 20th
- Players Must have 3 days in Pads prior to attending Linfield per OSAA regulations

Incoming 9th grade Weight Lifting camp at MVHS

- July 3-7 from 9-11AM
- Sign-ups will be through Bend Parks and Rec at bendparksandrec.org
- Registration Number: 203290

July 3-July 21= Summer Conditioning and Practice

- Tuesday, Thursday, Friday at 9:00 AM- Team Strength and Conditioning
- 7/7 Monday nights at 5:00pm

July 22-July 30= State Moratorium Week

- Great time for a family vacation!

August 7-11= Cougar Camp 3:00 PM at MVHS

- Non-Padded Practice

August 14-24= Fall Camp Begins (Times to TBD)

GO TO MVCOUGARSFOOTBALL.COM FOR MORE DETAILS