



Welcome to the 2010 season of Christian High Patriot football! My name is Matt Oliver and I am the Varsity Head Coach. My Staff and I are looking forward to a great season with a solid core of returning players as well as a talented group of underclassmen. We have a very busy summer as we get ready to challenge for a CIF Division V Championship. With that in mind, we have included in your packets a copy of our Summer Schedule, a flyer for our Speed, Strength, and Conditioning Camp, and a 2010 Game schedule.

The 2010 season will be my 14th season coaching at Christian High School and my 11th as the Varsity Head Coach. Over the years we have enjoyed tremendous success with the program including an undefeated Harbor League Championship in 2001, Co-Coastal League Champions in 2007, CIF runner-ups in 2001, 2005, and 2007, and CIF Championship's in 2002 and 2006. It has been a privilege and a blessing to work with so many quality student athletes over the years and I look forward with great anticipation to coaching this year's team.

Over my coaching career, I have developed some core coaching principles I would like to quickly share with you. Each subject is important to not only our team and the success of this season but how it applies to our players as they become successful Christian men. This is what I love about football, it has so many applications to what will be encountered in life as they begin the journey as adults and functioning members of society.

- **Teamwork**--Understanding that the Team and its success come first, above individual success or statistics.
- **Discipline**--Disciplined in effort, in attitude, in behavior and in the classroom.
- **Commitment**- God first, Family, School, and Team. In my opinion, there are a lot of life lesson's to be learned as a member of a football team that apply to life itself. This involves being conditioned and prepared for the opportunity to be successful in the games.
- **Attitude**-- Positive in all circumstances, all the time. Prepared for adversity and understanding that it can make us better. Having a coachable and teachable spirit so that the coaches can help the players fulfill their potential.
- **Respect**—Having, showing, and **earning** respect for/from authority, teachers, coaches, officials, teammates and maybe most of all, opponents. I once heard a quote that I really liked about what being a successful football player really is all about....."It's not about how many touchdowns you score, or tackles you make or the wins or losses you have, but at the end of the game, the successful player has earned the respect of his opponent by how hard he played." I think earning

respect begins first with showing it and giving it. You also need to be a man of strong character in order to earn respect.

**Sacrifice-** Nothing great comes without sacrifice in some form or another. Hopefully, our players will learn that sacrifice involves doing that little bit extra that will give them the edge over the competition. Are they willing to dedicate themselves to working as hard as it takes to be successful? The sacrifices will come in many forms, but time and energy will be the most obvious ones. Additionally, individual glory may have to be sacrificed in order to help us win as a team. Are they willing to play wherever we ask them to, even if it isn't where they envisioned themselves playing? The concept of sacrifice is very much intertwined with teamwork.

Thanks for your interest in our Football program and the opportunity to coach your young men. Feel free to contact me at anytime with questions you may have.

**GO PATRIOTS!**

Matt Oliver



## **Christian High School 2010 Summer Football Schedule**

April 14<sup>th</sup> 6:30-8:00 pm, Location: College Cafeteria, 2010 Football meeting (All players plus parents)

May 8<sup>th</sup>, 11:30 am-3:00 pm, Youth Football Coaching Clinic, Ryan Center

May 10<sup>th</sup>-14<sup>th</sup>, 17<sup>th</sup>-21<sup>st</sup> Spring Practice (All returning Varsity and JV players) Time: TBD

June 7<sup>th</sup>-July 23<sup>rd</sup> (M/W/F) (No camp 7/2 and 7/5) 4:00-6:30 pm.  
Speed, Strength, and Conditioning Camp Cost: \$129

Passing League 4:30-6:30 pm TBA (Varsity only)

June 26<sup>th</sup> Angel Tree Football Camp 8:00-12:30

July 9<sup>th</sup>-10<sup>th</sup> 4<sup>th</sup> Annual South County Passing League Tournament  
Southwestern High School 8:00 am-6:00 pm (Varsity)

July 17<sup>th</sup> JV Passing League Tournament @Francis Parker HS  
Time TBD (JV)

August 2<sup>nd</sup>-5<sup>th</sup> Patriots Youth Football Camp 9:00-11:00/ 2:30-4:30

CIF Dead week: July 26<sup>th</sup>-August 8<sup>th</sup>

Practice starts (Two-a-days) through Friday (AM only)  
Monday August 9<sup>th</sup> 7:00 am/5:00 pm

Varsity/JV Gear issue-After 1<sup>st</sup> practice

Senior Retreat August 13<sup>th</sup>/14<sup>th</sup> Details to follow!

Picture Day 8/26 Varsity 2:15 pm JV 3:30 pm

Scrimmage 8/27 @Kearney 1500/1730

## 2010 Schedule

Scrimmage: @ Kearny (Friday 8/27 1500/1730)

Week 0: @ Mar Vista (Friday 9/3 1600/1900)

Week 1: vs St Monica's (Saturday 9/11 1600/1900)

Week 2: vs Verbum Dei (Saturday 9/18 1900)  
(JV @Southwest Friday 9/17 at 1500)

Week 3: @Brawley (Friday 9/24 1630/1900)

Week 4: vs El Cajon Valley (Friday 10/1 1600/1900)

Week 5: Bye

Week 6: @ Francis Parker (Saturday 10/16 1300)  
(JV Friday 10/15 1700)

Week 7: vs Horizon \*HC\* (Saturday 10/23 1600/1900)

Week 8: vs Santa Fe Christian (Friday 10/29 1600/1900)

Week 9: @ Mission Prep (Friday 11/5 1600/1900)

Week 10: @ Bishops (TBD) (Friday 11/12 1600/1900)

# GET READY!

## SPEED – STRENGTH - CONDITIONING

Join the **Christian High School Football Coaches** for a 6-week summer program to get **stronger, faster and in better condition** for the **2010 Football Season**. The **\$129.00** cost, due when you sign up, includes the 19 SSC sessions, SSC shirt, fun, excitement, and preparation for a great 2010 Football season. **Parents are encouraged and welcome to attend/watch the clinic sessions.**

### \*\*\*\*\*WHO\*\*\*\*\*

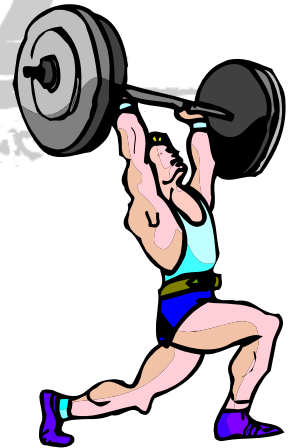
Any **incoming 9<sup>th</sup> grader** who wants to play Football in the Fall, all returning players from 2009, and anyone else who wants to be a part of Christian High Football in 2010.

### \*\*\*\*\*WHEN/WHERE\*\*\*\*\*

- **SUMMER PROGRAM:** Monday, Wednesday, & Friday, 4:00 pm- 6:30 pm for 7 weeks beginning June 7<sup>th</sup> and ending July 23<sup>rd</sup>. (Note-No workout Friday July 2<sup>nd</sup> or Monday July 5<sup>th</sup>)
- **WORKOUT ATTIRE:** POSITIVE ATTITUDE, T-shirt, shorts, running shoes, and cleats.

### \*\*\*\*\*HOW\*\*\*\*\*

**SIGN UP NOW!** Fill out the **application on the back of this flyer** and return it along with your **check for \$129.00** made out to **Christian High School Football** to the CHS athletic offices or call **Coach Jim McNeal @ 619-980-9908** for more information.



*Please fill out completely and sign below:*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Home # \_\_\_\_\_

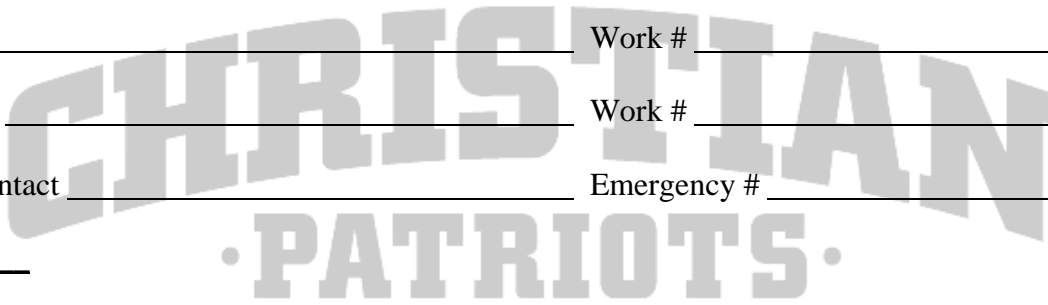
Fathers Name \_\_\_\_\_ Work # \_\_\_\_\_

Mothers Name \_\_\_\_\_ Work # \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency # \_\_\_\_\_

2010 grade \_\_\_\_\_

Insurance Co. \_\_\_\_\_ Policy # \_\_\_\_\_



**T-SHIRT SIZE (CHECK ONE):**  M  L  XL  XXL

RELEASE OF LIABILITY

In consideration of my participation in the CHS Speed, Strength, and Conditioning Course, I do hereby, for myself, release and discharge Christian High School and all personnel thereof for all claims and damages, demand, action or whatsoever in any manner arising or growing out of my participation in the CHS Speed, Strength, and Conditioning Course. I attest and verify that I, without endangering my health, hereby hold Christian High School from any liability now or in the future, including, but not limited to heart attacks, muscle strains, pulls, broken bones, shin splints, heat, prostration, knee/lower back or foot injuries, re-injuring previous injuries, or any other illnesses, soreness or injury however caused, occurring during or after my participation in the exercise program. If, in fact, an injury that requires emergency medical attention occurs, I reserve the right for Christian High School to take action through medical facilities in the area. CHS Speed, Strength, and Conditioning Course reserve the right to discontinue an athlete's program at any time for any reason. I have read the information in full and to the best of my ability understand the information above. I also agree to hold Christian High School, its facilities, coaches and participants harmless for the above mentioned injuries.

**SIGNATURE FOR RELEASE OF LIABILITY**

Participant \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_