

Summer Conditioning 2023

Summer Conditioning

- Summer Conditioning June 5th- June 29th
- Conditioning is Monday through Thursday.
- Varsity: 5-7:30 p.m. (optional morning workouts TBD)
- Frosh/Soph 6 p.m. to 8 p.m.

Attire: Cleats, Running Shoes, shorts, shirts Vanden colors(green, gold, white, gray, black)

Family Week

July 1st- July 9th

Summer Conditioning/ Gear Hand Out

July 10th-July 20th Monday through Thursday

Varsity: 5-6:30 p.m.

Frosh/Soph: 6-7:30 p.m.

First Day of Official Practice

July 24th Time TBD Monday through Saturday

Mandatory Parent Meeting Thursday July 27th 6 p.m. in Vanden Gym

Vanden Football Check off List

1. Create a familyid count and upload current physical. <https://account.familyid.com/>
Familyid must be completed and a current physical must be uploaded in order to begin summer conditioning on 5th.
2. Create a blastathletics account for at least one parent guardian and an account for your student athlete.

Parents - join AS YOURSELF! Do not join as your child, they will need to create their own account. Here are the direct links:

Jr. Varsity:

<https://www.blastathletics.com/teams/77971/join>



1. Download the App: Search for "Blast Athletics"
2. Verify your cell phone number, we will be sending text communications through Blast.
3. Post videos, photos and update the score at games/events.
Blast will not share the contact information you enter for the

fundraiser with anyone, nor will they spam your list. Family and Friends love donating to Blast because they get to follow along with our season, based on the content we post! You are not asking for money; you are inviting them to be part of our season.

Player Packs

From Blast - The Player Pack (2 shirts, 2 shorts, practice jersey, socks) and any additional items you would like. Store will open Friday May 19th.

<https://www.blastfangear.com/collections/vanden-fan-store>

From BSN - You will need a 7 piece girdle. All other items such as cleats, gloves, and compression wear are optional. The girdle is on the top portion of the page. It is the **Rival MD7418 7Pad 3/4 Length Shell**. Smaller sizes are grey and bigger sizes are black. This store will close on May 30th.

<https://bsnteamsports.com/shop/VANFB23>

Contacting Coaches:

Varsity: Sean Murphy smurphy@travisusd.org phone 707 631 4398

Junior Varsity Head Coach: Coach Darling armundo.darling@gmail.com

Football Operations Coordinator: Desiree English 510-907-1236