



Welcome to the 2025 Football
Parent Night

About Me:

- CMHS Alum. 2004
- Multi-Sport Athlete
(Baseball & Football)
- Teaching @ CMHS for 11
Years
- Year 4 as Head Coach
- My wife is a counselor P-Z
(Mrs. Gonzalez)
- Dad to Remi and Shane



Topics Covered Tonight:

1. Program/Facilities Updates
2. Player and Parent Expectations
3. Summer Schedule
4. Program Costs
5. Booster Club Announcements
 - a. Fundraising Opportunities
 - b. Importance of Parent Volunteers
 - c. Staying Connected
 - d. Website and Online Presence



Coaches and Responsibilities

Varsity

Head Coach/OC: Gary Gonzalez

LBs/DC: Chris Flores

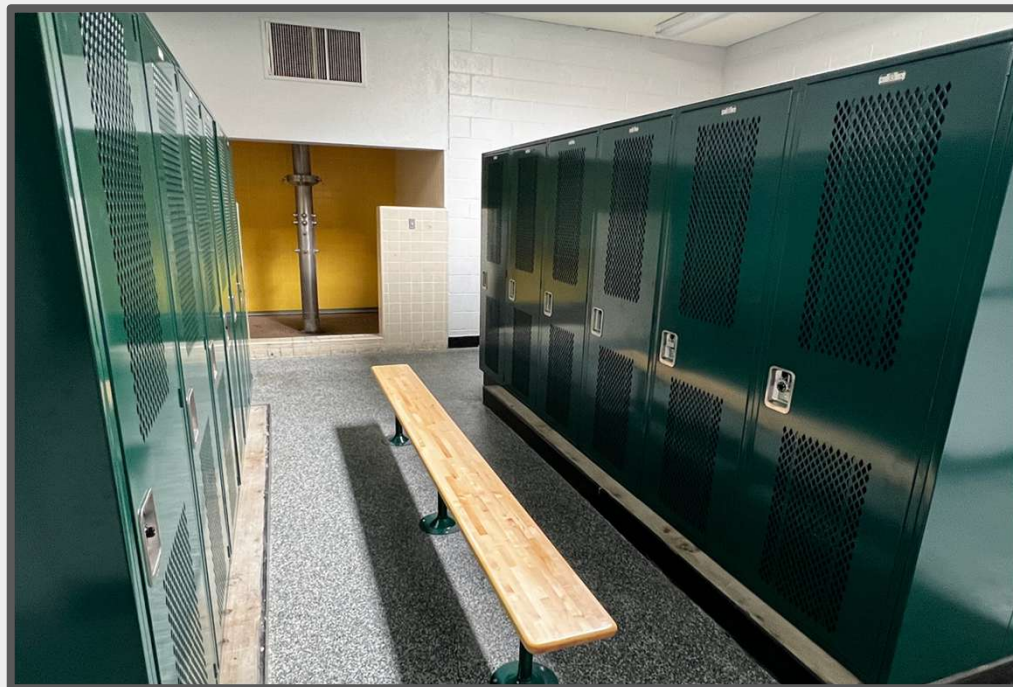
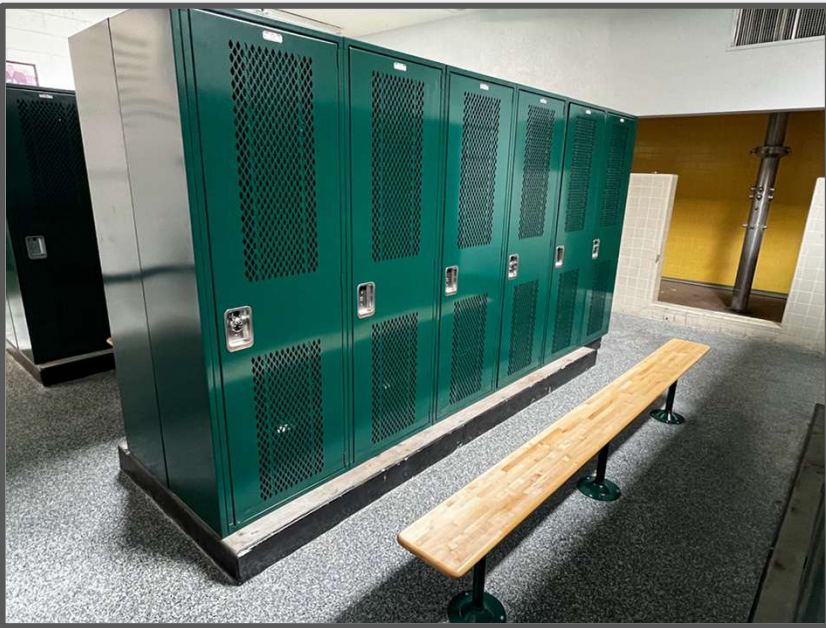
WR/STC: Hunter MacDonald

OL: Bob Fields

DL: Dorian Navarrette

DBs/RBs: Anthony Banos

Facility Updates: New Lockers in Team Room



Facility Updates: New Locker Room Banner



Facility Updates: New Weight Room



Facility Updates: New Weight Room



Facility Updates: New Weight Room



New Home Uniforms for 2025



Tango League



Parent Expectations

1. Volunteer for our Summer fundraisers (2 shifts) Fireworks, Fair Parking or OC Fair Beer Stands!
2. If you sign up, you need to show up!
3. Attend the games and be apart of the football community



Player Expectations

1. At Home
2. At School
3. Football Program
4. Community



Expectations

"I represent you and you represent me."

1. At Home
 - a. Respect for yourself
 - b. Respect for your family
2. At School
 - a. Be on time and attend class everyday
 - b. Pass every class and get a 2.5 GPA or higher (Academic Advisor)
 - c. Be a leader
 - d. Follow school rules
3. Football Program
 - a. Be coachable
 - b. Give your best effort
4. Community
 - a. Represent the Costa Mesa Mustangs in a positive way



Summer Dates to Remember



FOOTBALL

Dead Period-June 9th-20th

no practice

1st Day of Summer Camp

June 23rd

4th of July Break

July 3rd-6th no practice

Preseason Break

July 23rd-27th No Practice

Weekly Times

Weekly Schedule For All Levels During Summer Camp

Monday	Tuesday	Wednesday	Thursday	Friday
Morning 7-11am	Afternoon 2-6pm	Morning 7-11am	Afternoon 2-6pm	Morning 7-11am

****Fall Camp times will change****



Program Costs

Average player cost in our program is close to \$1200.

Our cost is offset and kept low by various fundraising throughout the year (particularly the summer), which we need help with from all our football program's families.

Other programs on our campus ask for \$700 or more to play.

CMHS Cost is \$300

- Spirit Gear For Summer
- Game Day Polo Shirt (Varsity)
- 5 Week Training Camp

Other Football programs in NMUSD:

-\$1000+

-\$800+

-\$500+



Get Your Physical Done!

Exercare will provide FREE physicals from May-August 31st. GET IT DONE ASAP!



Exer Sports & Schools

Exer Urgent Care is proud to support your school with complimentary sports screenings for student athletes!

Book Your Complimentary Sports Screening

- 1 Scan the QR code or visit ExerUrgentCare.com/exer-sports-schools
- 2 Select a clinic from the map or list provided.
- 3 Click **Book sports screening**.
- 4 In the calendar that appears, select a date and time for your appointment. Appointments are first come, first served, from **May 1 – August 31, 2025**. If you don't see a time that works, go back to step 1 and select a different clinic.
- 5 Fill out the remaining questions. When asked, "Did your school send you for a complimentary school sports physical?" select **Yes**.
- 6 Select the school your athlete is affiliated with.
- 7 Click **Register**. You will receive a text confirmation to the phone number you provided.

Registration Tips

You will receive a link to register via text once you've booked your appointment. Please register before arrival:

- ✖ When asked how you would like to pay for your visit, select **Self-Pay**. You will not be charged.
- ✖ When asked for the financially responsible party, select **Self**.
- ✖ Complete all required fields marked with an asterisk*

Visit ExerUrgentCare.com/exer-sports-schools to learn more.

exer URGENT CARE LET'S GET YOU BETTER.

*Program dates and appointment availability are subject to change



Buying Into Our Program

1. Please come to the games
2. Volunteers make the program thrive!
 - a. Game Day Chain Gang
 - b. Snack Bar Duties
 - c. Fundraising Opportunities
3. Practice is MANDATORY for your player
4. Schedule Doctor's appt. around football practice/games
5. Players need to communicate with coaches!
 - a. Players use REMIND App



List of Fundraisers:

1. Sponsorships: local businesses sponsor program which shows value of our program (stack in back)
2. Fireworks Booth: June 30th-July 4th
3. Lift-A-thon: July 18th
4. OC Fair Beer Stands: Before, and during the OC Fair
5. OC Fair Parking: During the OC Fair
6. Snack Bar Help: For our home Frosh and Varsity games



TeamSnap

1. The program's primary communication tool
2. You will receive a link
 - a. Please download the app
 - b. It's free
3. Full schedule for Summer and Fall
 - a. Will include volunteer opportunities
4. Communicate through email and private or group chat



Online Presence

1. The program is making our presence known
 - a. Please subscribe, like, share, and participate!
2. Primary site: www.costamesafootball.com
3. Everything else:
 - a. FB: www.facebook.com/footballcmhs
 - b. IG: CMHS_Football
 - c. X: CMFBMustangs
4. Email: costamesafootballboosters@gmail.com
5. CM Stampede
 - a. IG: cmstampede



Please Scan and Fill Out

(This is how we are taking role tonight)

