

**2025**  
**WOLFPACK FOOTBALL**  
**JV/VARSITY PARENTS**

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**MAY 1, 2025**



# WELCOME

## AGENDA:

- Welcome
- Introductions
- Proud of the Pack
- Moving Forward...
- To Do List
- Get Connected

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**STRENGTH  
OF THE  
PACK IS THE  
WOLF,  
STRENGTH  
OF THE  
WOLF IS THE  
PACK.**



**FOOTBALL**



# **HERSCHEL RAMIREZ**

**HEAD FOOTBALL COACH**

**HRAMIREZ@TVUSD.US**

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**MAY 2, 2024**



**FOOTBALL**



# COACHING STAFF

2025



## Varsity

Scott Foster - DL  
Lionel Hines - AHC/RB  
Quincy Lejay - DB  
Pat Nevens - STC  
Sean Parks - OL  
Herschel Ramirez - HC/DC  
Rob Robbins - QB  
Ryan Smith - AHC/OC  
Jeff Wight - DB



## Junior Varsity

Don Ashley - HC  
Doug Brown - OC  
Jim Deering - OL  
Bryan Hunt - WR  
Mike KostECKi - DC  
Mikki St. Germain - DL  
Leonard Traylor - DB  
J'sun Villalobos - QB  
Jay Williams - RB



## Freshmen

Trent Barker  
Jared Furoboten  
Travis Link  
Markus Meredith  
Vince Orlando  
Ray Robarts  
Nick Zissimos - HC



# 2025 GREAT OAK FOOTBALL

## ATHLETIC DEPARTMENT



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### ATHLETIC ADMINISTRATOR

Anthony Califano  
Assistant Principal  
acalifano@tvusd.us  
951-294-6450 ext 23158



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### Head Athletic Trainer

Chantelle Snyder, BS, ATC  
csnyder@tvusd.us  
951-294-6450 ext 23120

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### Varsity Head Coach

Herschel Ramirez  
hramirez@tvusd.us

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### Associate Head Coaches

#### Lionel Hines

Student Athlete Development  
and Football Relations  
lhines@tvusd.us

#### Ryan Smith

Sports Performance and  
Recruiting  
rsmith1@tvusd.us

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### Junior Varsity Head Coach

#### Don Ashley

Info@championslifestyle.com

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### Freshman Head Coach

#### Nick Zissimos

zissimosnick@gmail.com



**FOOTBALL**

## **MISSION**

Wolfpack Football is committed to excellence in playing football while supporting the educational mission of Great Oak High School. Our mission is to plan, practice, and play to win but our purpose is to teach, support, and celebrate the human growth of our student athletes in preparation for the future.



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### **Love**

Love of football. Love of team.  
Love of the process.

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### **Teamwork**

Collaboration. Purpose. Sacrifice.  
Service.

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### **Accountability**

Communication. Truth. Discipline.  
Standards.

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### **Stand Tall**

Toughness. Strain. Compete.  
Growth Mindset.

# 2025 Offseason

## Weight Room

Strength and Conditioning Program  
Start January

Tested January and March. Next test 5/5  
Rank. Record. Publish.

Additions: Bands, Viking Press Attachments,  
Landmine Attachments, Pads, Push/Pull Sleds  
Thank you!

40 student-athletes over 1000lb  
12 Freshmen!!!

Protein Shakes Provided by PSG

## Competition

TWO 7 on 7 Tournaments  
February and March

5 v 5 Linemen Competition  
March

May 18<sup>th</sup> La Costa Canyon  
Passing Tournament

COLLEGE SHOWCASE  
MAY 7TH

## Field Work

Overspeed Training  
1x week March

Overspeed, Agility  
and Plyometrics  
2x Week April

Optional Team Activities  
4x April

Sports Psychology  
Champion Lifestyle  
6x February/March



FOOTBALL

# THANK YOU FOR YOUR GENEROSITY AND WORK!

# 2025 WOLFPACK

# FOOTBALL CALENDAR

(CLICK ON IMAGE BELOW)

| May 2025  |        |                               |   |                                |   |   |
|---|--------|-------------------------------|---|--------------------------------|---|---|
| Sunday  | Monday | Tuesday                       | Wednesday   | Thursday                       | Friday  | Saturday  |
|              |        |                               |   | 1                              | 2   | 3   |
|   |        |                               |   |                                | FOOTBALL PARENT MEETING<br>630-8PM<br>GOHS PAC<br>2029 630P/ RETURNING 7P |   |
| 4   | 5      | 6                             | 7   | 8                              | 9   | 10  |
|   |        | V/JV PRACTICE<br>3:30-5:30 PM | ***COLLEGE SHOWCASE 9AM***<br>V/JV PRACTICE<br>3:30-5:30 PM | V/JV PRACTICE<br>3:30-5:30 PM  |   |   |
| 11  | 12     | 13                            | 14  | 15                             | 16  | 17  |
|   |        | V/JV PRACTICE<br>3:30-5:30 PM | V/JV PRACTICE<br>3:30-5:30 PM                               | V/JV PRACTICE<br>3:30-5:30 PM  |   | ATHLETIC PHYSICALS AT TVHS<br><a href="#">GO HERE FOR MORE INFO</a> |
| 18  | 19     | 20                            | 21  | 22                             | 23  | 24  |
| LA COSTA CANYON PASSING TOURNEY<br>***SELECT PLAYERS ONLY***<br>8AM-2PM AT LA COSTA CANYON HS |        | V/JV PRACTICE<br>3:30-5:30 PM | V/JV PRACTICE<br>3:30-5:30 PM                               | V/JV PRACTICE<br>3:30-5:30 PM  |   |   |
| 25  | 26     | 27                            | 28  | 29                             | 30  | 31  |
|   |        |                               |   | 2025-26 ATHLETIC PHYSICALS DUE |   |   |

**2025**  
**WOLFPACK FOOTBALL**  
**SPRING TRAINING**

May 6<sup>th</sup> – May 22nd  
Tuesdays thru Thursdays  
330–530p  
Great Oak High School  
Stadium

\*\*\*CURRENT  
GOHS Student–Athletes ONLY\*\*\*

Skills, Drills and Scheme  
Provided by Great Oak Football  
Coaching Staff



**GO WOLFPACK!**

**\$100 PARTICIPATION  
FEE**

*MUST BE PAID PRIOR TO PARTICIPATION*

**COMPLETED/SIGNED  
WAIVER**

*SUBMITTED TO GOPACK FOUNDATION*

**SPRING FOOTBALL TEE**  
*RECEIVED WITH COMPLETED REGISTRATION*



Sponsored  
by  
GOPACK Foundation





# PRACTICE SCHEDULE

2025



## Summer Session 1 (6/9-6/26)

Monday 4-7p

Tuesday 7-10a

Wednesday 4-7p

Thursday - 7-10a

2 Hours on Field/Class

1 Hour Weight Room

## Summer Session 2 (7/14-8/1)

Monday 4-7p

Tuesday 4-7p

Wednesday 4-7p

Thursday 4-7p

Friday 7-10a

2 Hours on Field/Class

1 Hour Weight Room

## Fall Practice

Monday 330-530p

Tuesday 530-830p (FR 330-530p)

Wednesday 330-530p

Thursday WALK THRU 330-430p

(Games: Frosh 4pm/JV 7pm)

Friday Game Day 530p (FR 330-430p)

6th Period Football EVERYDAY

Field\* or Class

# OASIS

TRAINING FACILITY

🏆 **Win a VIP Gift Experience from Oasis!**

**Scan the QR Code to Enter Our Raffle Now!**

✨ **Includes Free Training, Recovery, Pickleball & More  
– No Strings Attached!**



Visit our booth to learn more about **Oasis Performance Training** for  
Athletes & Parents

📍 High-level fitness, accountability & performance – Temecula's  
Premier Facility

**OASIS VIDEO LINK**

# Tier 1

✓ **2 Semi-Private Athletic Training Sessions**

✓ **Speed, Strength, Confidence Building**

✦ **Savings of 50+%**

## Tier 2

- ✓ 4 Semi-Private Training Classes
  - ✓ 1 Recovery Sauna Session
- ✓ Goal Setting + Accountability

✦ Savings of 60+%

## Tier 3

- ✓ 6 Semi-Private Sessions
- ✓ 1 Recovery Infrared Sauna Session
- ✓ Goal Setting + Accountability
- ✓ Bonus: 1-on-1 Assessment + Goal Plan

✦ Savings of 42+%

## 3 Ways to Experience Oasis for You & Your Athlete

### Tier 1

- ✓ 2 Semi-Private Athletic Training Sessions
- ✓ Speed, Strength, Confidence Building
- ✦ Savings of 50+% Off

### Tier 2

- ✓ 4 Semi-Private Training Classes
- ✓ 1 Recovery Sauna Session
- ✓ Goal Setting + Accountability
- ✦ Savings of 60+% Off

### Tier 3

- ✓ Everything in Tier 1 + Tier 2
- ✓ Bonus: 1-on-1 Assessment + Goal Plan
- ✦ Savings of 42+% Off

 Ask us at the booth for your exclusive invite! Only available at this event.



# FOOTBALL

BEFORE PARTICIPATING IN  
SUMMER ACTIVITIES (START 6/9)

**MUST BE ENROLLED AT GOHS**

## ATHLETIC CLEARANCE

- SUBMITTED AND COMPLETED BY MAY 22nd

**SIGNED PSG WAIVER WITH PAID FEE**

## ACADEMIC ELIGIBILITY

- CLASS OF 2029: ALL ELIGIBLE TO START

## TRANSFER ELIGIBILITY\*

\*ONLY APPLIES IF STUDENT-ATHLETE HAS GONE TO MULTIPLE SCHOOLS SINCE THE START OF 9TH GRADE

**CLICK ON  
IMAGE:**

**2025 ATHLETIC CLEARANCE 2026**

- All **incoming student-athletes** are required to submit their athletic clearance information and paperwork for the 2025-2026 season.
- All **current student-athletes** will need to **RE-SUBMIT** their info and paperwork for 2025-2026 season.

**GO TO [ATHLETICCLEARANCE.COM](http://ATHLETICCLEARANCE.COM)  
FOLLOW THE INSTRUCTIONS CAREFULLY**

**Physical must be dated FEB. 12, 2025 or after**

**YOU WILL BE REQUIRED TO UPLOAD ALL DOCUMENTS**

**Please DO NOT**  
 - BRING DOCS TO SCHOOL  
 - EMAIL DOCS  
 - MAIL DOCS TO SCHOOL  
 - GIVE DOCS TO ANY COACH

click here to get started and for necessary clearance forms

GREAT OAK HIGH SCHOOL

**ALL ATHLETIC PHYSICAL DAY**

**SATURDAY, MAY 17TH 8:00 A.M. - 12:00 P.M.**  
**@ TEMECULA VALLEY HIGH SCHOOL**

**\$45** A-I >>> 8:00 A.M. - 9:30 A.M. **\$45**  
 J-O >>> 9:30 A.M. - 11:00 A.M.  
 P-Z >>> 11:00 A.M. - 12:00 P.M.

**WOLFPACK FOOTBALL PSG**

**LORI SPILLERS**

**JESSICA WARD**

**AMY SMITH**

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**FOOTBALL**

# Wolfpack Parent Support Group (PSG)

## PSG's Purpose

- To encourage, support and serve the football program by providing equipment, support and training as requested by the Head Coach with support from GOHS Administration, GOPack Foundation and TVUSD.
- Raise funds through many fundraising activities and disburse those funds based on the needs presented to us by the Coaches and agreed upon by the PSG Members.

## PSG Representatives/Volunteers

### Parent Contact Information



- Fill out attached to be included in email communication from the PSG about upcoming season information.
- Contact us at:  
• [GreatOakFootball@gmail.com](mailto:GreatOakFootball@gmail.com)

- Program Representative: Lori Spillers
- Communications: Jessica Ward
- Varsity/Senior Coordinator: Amy Smith
- OPEN POSITIONS:
  - Team Coordinator - JV/FROSH
  - Spirit Wear Coordinator & Committee Members
  - Snack Bar Head & Committee Members
  - Fundraising
  - Members at Large

# PSG Position Descriptions

- Team Coordinator - JV/FROSH
  - Primary point of contact for Parents, responsible for:
    - Disseminating team information, coordinating team events & weekly dinners, game day snacks, and end of season banquet
- Spirit Wear Coordinator & Committee Members
  - Coordinator responsible for inventory, ordering and delivering product for game day sales
  - Members responsible for volunteering to sell items during games
- Snack Bar Head & Committee Members
  - Coordinator responsible for inventory, purchasing, opening/closing for all home games, & train and support Committee Members
  - Members responsible for assisting coordinator in opening/closing and volunteering to work snack bar during games

## Parent Contact Information



- Fill out attached to be included in email communication from the PSG about upcoming season information.
- Contact us at:
- [GreatOakFootball@gmail.com](mailto:GreatOakFootball@gmail.com)



**FOOTBALL**

- Fundraising
  - Responsible for coordination of major fundraisers, fundraising events
    - VIP Seats, Online Fundraiser, Banners, Restaurant Nights, etc.
  - Soliciting donations from Local Businesses
- Members at Large
  - Volunteers who can't commit to a specific position but available to help at events for Wolfpack Football

# Fundraisers

- Business Banners:
  - Sponsorships are 4'x8' banners that include wind slits & company logo; remain in place for full year



Scan for more information!

Or reach out to GOPack:  
(951) 294-6450 ext 23145  
GOPackFoundation@gmail.com

# Fundraisers

- VIP Seats:
  - Includes parking & VIP entrance for all Varsity Home Games
  - Seats located on 50 yr line, RESERVED section with permanent decal with player name/number
- Restaurant Nights:
  - Local restaurants host events for return of percentage to program
- Suggestions from End of Season Survey
  - Bunko or Bingo Night with Raffle Baskets
  - Discount Cards
  - Golf Tournament
  - Local Sponsorships
  - More variety in Spirit Wear Items

## Parent Contact Information



- Fill out attached to be included in email communication from the PSG about upcoming season information.
- Contact us at:
  - GreatOakFootball@gmail.com

# Snack Bar Volunteers

- Brought in \$13K in revenue this season
- On average, Varsity Home Games bring in \$1K to \$2K each game
- Expectation that every family volunteer at least once
  - This would provide coverage for entire season
  - Volunteer for game other than where your player will be to avoid missing player game
    - EX. FROSH player, volunteer to work JV game
- GOPack requires parents to be financially trained in order to accept payments (minimum of 2-3 adults per game)
  - Quick 20 minute annual training that covers all sports for entire school year
- Students can volunteer for community service hours

## Parent Contact Information



- Fill out attached to be included in email communication from the PSG about upcoming season information.
- Contact us at:
  - GreatOakFootball@gmail.com

*Program at risk of losing snack bar without volunteers for PSG positions*

# Summer Program Registration Fee

## Parent Contact Information

- 6 week program for \$600
  - Session 1 - Monday to Thursday, June 9th to June 26th
  - **DEAD PERIOD - June 27th to July 13th**
  - Session 1 - Monday to Friday, July 14th to August 1st
- Weight training, field practice and conditioning
- Includes two practice shirts, pair of shorts and red Football Polo
- Covers facilities, equipment, nutrition and Coaching Stipends for summer
  
- Payment must be made in order to participate (cash/check/PayPal)
  - Families unable to pay or needing to arrange a payment schedule, please coordinate through Team Representative or GOPack
- 2025-2026 Athletic Clearance, signed Participation Waiver and Payment will be verified by PSG Volunteers in order for players to take the field.



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  - GreatOakFootball@gmail.com

*Students who choose not to participate in the summer camp will still be able to come out for the team when the Fall Camp begins on August 2nd .  
Players who do not participate in summer camp will not be able to lift, practice, or participate in summer 7x7 / 5x5 opportunities.*

# Fall Fair Share Fee

- FULL PADS - Saturday, August 2nd
- Fair Share for 2025-2026 season is \$400 (cash/check/PayPal)
  - Families unable to pay or needing to arrange a payment schedule, please coordinate through Team Representative or GOPack
- Funds support facilities, transportation, equipment, nutrition, team meals & activities, end of the season banquets, Coaching stipends, uniform replacements, Hudl and other costs associated with supporting three levels of a high school football program.
- 2024 Largest Season Costs:

|                              |                          |
|------------------------------|--------------------------|
| ○ Stipends: \$45K            | Apparel/Equipment: \$34K |
| ○ Recognition/Banquet: \$23K | Tournaments: \$10K       |
| ○ Transportation: \$7K       | Nutrition: \$8K          |

## Parent Contact Information



- Fill out attached to be included in email communication from the PSG about upcoming season information.
- Contact us at:
  - GreatOakFootball@gmail.com

