



# *LHS Fighting Zebras Football*

## *2025 Season*



**Welcome to the 2025 Fighting Zebras Football season!**

**Freshman Team:**

Head Coach - Phil Pomales: pcpomales64@hotmail.com, 510-688-3435

Team Parent - Taylor Montoya: taylor.hulsey@yahoo.com, 707-330-8729

**JV Team:**

Head Coach - Travis McDonald: tmcDonald2188@gmail.com, 916-869-0641

Team Parent - Alicia Kraushar: alicia\_kraushar@hotmail.com, 916-798-4084

**Varsity Team:**

Head Coach - Allen Berg: aberg@wpusd.org, 916-501-6782

Team Parents: Kandice Lowe: kandilowe1@gmail.com, 916-749-5100

Nicky Gonzalez: jngonzalez08@yahoo.com, 916-761-1344

**For General Questions/Information:**

Rosanne Johnson: secretary@fightingzebrasfootball.com, 916-300-7406

Isabel Alvarez: president@fightingzebrasfootball.com, 916-517-0121

Website: [www.fightingzebrasfootball.com](http://www.fightingzebrasfootball.com)

**Stay up to date with our Social Media:**



lhs\_fighting\_zebras\_football



Lincoln High School Fighting Zebras Football Program

**Hello Fighting Zebra Football Parents! Please see below for important information about the season and watch your email, social media and our website for updates throughout the season.**

**Enroll:** If you have yet to register please do so at: [www.fightingzebrasfootball.com](http://www.fightingzebrasfootball.com). **ALL players MUST be registered on our website in order to be on the team!** This will be the main mode of communication as emails are sent through Team Sideline. Sometimes emails from Team Sideline are sent to your spam folder so be sure to move them into your inbox.

**Calendar:** <https://fightingzebrasfootball.com/calendar>

<http://tmsdln.com/19ljy> (copy this link into your google calendar and it will automatically add all calendar updates to your digital calendar).

Attached is our Summer/Fall Calendar. This includes everything that is planned so far. Understand that we are still adding things to the calendar and confirming dates and times, so there may be some adjustments. We will do our best to keep the calendar on the website updated this season.

**Grades:** Student's grades from their June report card determine eligibility for next fall and *can make them ineligible* for most of the season so please encourage your students to keep their grades up at all times. They must have a 2.5 GPA with no more than one "F" to be eligible to play.

**Attendance:** Practice attendance will affect playing time in games.

## **Summer Practices Start:** Monday, June 9<sup>th</sup>

All three levels of Lincoln Zebra Football will begin Summer Practice on June 9<sup>th</sup>. Please see the calendar for times. For the most part Varsity will be: 2-6 PM, JV: 3-5:30 PM and Freshman: 4-6 PM.

Players will need to wear designated LHS football shirts, shorts, shoes to lift weights in and bring cleats for field work prior to gear handout in July. Prices for Practice Wear are attached, as well as how to purchase.

**Saturday practices (*after games only*):** Mandatory 9:00 AM for Varsity only @ LHS locker room.

**Holidays:** We will have practice on most holidays like Labor Day, Columbus Day, etc.

**Summer Break (dead period):** June 27<sup>th</sup>- July 13<sup>th</sup> (please plan your vacations during this time)

**Physicals:** LHS will be using FinalForms.

<https://westernplacer-ca.finalforms.com/parents/77>. Please upload these and fill out all areas of the forms completely. This must be done before your athlete can practice. Also be sure to choose an email for your child to sign their portion of the forms, it CANNOT be their school email address.

## **Team Bonding Events:**

- Team bonding dinners: Tuesday night dinners are hosted by parents. Each team parent will send out the links to the sign-up genius for their specific squad. Practices typically end early on Tuesdays so they have time to eat and bond, normally around 6PM. There will only be 4-5 team dinners for each squad this year. We highly recommend parents “team-up” with other parents to host dinner.

**Game Day Meals:** The Football Boosters Board and Team Parents work together to organize Game Day meals for the players. Meals on home game days are catered or cooked by parent volunteers, and meals for away games are typically a meal of a sandwich, chips and a drink. Team Parents will get together to plan closer to the beginning of the season. **Game day meals costs are included in your player's registration fees. \*\*If your player has specific dietary needs please contact the team parent directly.\*\***

**Fundraising:** To date, the fundraising requirements/opportunities are as follows:

- **Lift-a-Thon: Pledges start 5/27/25. Event: June 13, 2025**  
We ask that players get pledges amounting to \$350. **100% of ALL funds that your player raises for the Lift-a-Thon fundraiser go towards their program fees - up to \$350!** If you have already registered and paid your dues via our website, we will refund you the \$350 if that is raised during the lift-a-thon.
- **Car Wash @ Lincoln Automotive** (on the corner of Lincoln Blvd. and McBean Parkway). **7/26/25 Frosh: 10-Noon, JV: Noon-2pm, Varsity: 2-4pm**  
We are hoping this will not only be a great fundraising event for the program but will also be a great time for team bonding early in the season. Players need to bring towels. All money raised will go towards each squad's team bonding activities and/or end of season banquet.
- **Zebra Cards: Kick-off: July 28<sup>th</sup> @ 6:30 PM, Turn in \$\$ to Coach Berg by August 11<sup>th</sup>**  
Once again, we will be selling Zebra Cards for \$20 each beginning on July 28<sup>th</sup>. Players will be given 20 cards to sell, but they are welcome to sell more. A buyout will be available for \$280, (no cards will be issued to the player in this circumstance). Buyout money is due on July 28<sup>th</sup>. All of the proceeds go to purchase medical tape, water bottles and other consumable items used by players during practices and games. Zebra Card money due August 4<sup>th</sup>.

- **Fireworks Booth in Taco Bell parking lot: 6/28/25-7/4/25**

This is a great way to get volunteer hours taken care of early! (All volunteers must be 18 years or older). To sign up go to:

<https://www.signupgenius.com/go/5080B4CA9A629A0F94-56702296-volunteering#/>

- **Kickoff Dinner at McBean Pavilion: August 1st, 6-9 PM**

Delicious catered dinner by Thermalands Sportsmans Club, silent auction, dessert auction and raffle! We ask that every player sell two tickets to help support the program, but the more the merrier, so invite all your friends to come too!

**Program Fees:** See attached breakdown.

**Volunteering:** This program would not be possible without parent's support. We ask that every player's family contribute 8 hours of their time to make this a successful season for our teams. 8 hours is not very much, and it makes a world of difference. There are many opportunities to help! The link to sign-up to volunteer is below:

<https://www.signupgenius.com/go/5080B4CA9A629A0F94-56702296-volunteering#/>

This year there will be opportunities to give your time to **help at fundraisers, videotape games, work the snack bar, work the fireworks booth, sell spiritwear, help organize Senior Night, set-up and take down the new Zebra tunnel and help to coordinate/prepare game day meals.** Links and more info will be sent via email as it gets closer to the season.

**\*\*If you would like to BUY-OUT for \$100 and not do volunteer hours, when you register online via our website you can add the volunteer buy-out to your registration.**

**Snack Bar:**

We will have parents run the frosh game snack bar on Thursday nights and we will have various LHS clubs/sports run the snackbar on Fridays and they will receive the proceeds from the snackbar that night. We are thankful for this partnership and the ability to help out other LHS clubs and sports.

**Game Schedules:** See the attached game schedule for Freshman, JV and Varsity for the season.

**Cancer Warrior Night:** We have a special opportunity to raise awareness and funds all while playing football and honoring those who have battled cancer.

On October 3, 2025, Lincoln High Football will host their 3rd annual Cancer Warrior Game! Our Varsity football players will wear special black and pink jerseys that night in honor of all those who have battled cancer. Every player on every squad will be given pink socks to wear during their game, at no cost to families. Varsity players will wear their normal number during the game. The evening will be filled with special ways to celebrate cancer fighters, survivors and warriors and to honor those who have lost their battle with cancer. Proceeds from the night will go to the Hope Scholarship fund, a scholarship for LHS seniors who have played football at Lincoln High School.

We typically have Cancer Warrior Night special t-shirts for fans to purchase before the game. More information will be shared as we get closer to game day.

**JV/Varsity Football Camp:** June 16th - 19th

Players will be staying at Tahoe Family Campground. Will be coaches and parent volunteers present to supervise. Cost is \$250/per player which covers: transportation, food, player fees and campsite fees. Players will stay in tents and sleeping bags. If you have a tent that you are willing to lend please contact Isabel at [president@fightingzebrasfootball.com](mailto:president@fightingzebrasfootball.com). Players need to complete the paperwork and turn it into Berg ASAP. Payment is via our Square Store. **\*\*If you are interested in coming up to volunteer you must be live scanned and have a TB test on file with the district office.\*\***

## **2025 Fighting Zebras Football Boosters Club Board Members (FZFBC)**

President: Isabel Alvarez - [president@fightingzebrasfootball.com](mailto:president@fightingzebrasfootball.com)

Vice President: Erin Lewis - [vp@fightingzebrasfootball.com](mailto:vp@fightingzebrasfootball.com)

Treasurer: Tricia Gracey - [treasurer@fightingzebrasfootball.com](mailto:treasurer@fightingzebrasfootball.com)

Secretary: Rosanne Johnson - [secretary@fightingzebrasfootball.com](mailto:secretary@fightingzebrasfootball.com)

Sponsorships: Vashti Cirrina- [sponsorships@fightingzebrasfootball.com](mailto:sponsorships@fightingzebrasfootball.com)

Public Relations: Rebeca Leininger - [info@fightingzebrasfootball.com](mailto:info@fightingzebrasfootball.com)

Events Chair/Co-Chair: Shae Trombatore & Monique Redding-  
[events@fightingzebrasfootball.com](mailto:events@fightingzebrasfootball.com)

Concessions Chair/Co-Chair: Stephanie Maul & Nick Leininger-  
[snackbar@fightingzebrasfootball.com](mailto:snackbar@fightingzebrasfootball.com)

Volunteer Coordinator: Becky Pricer - [volunteer@fightingzebrasfootball.com](mailto:volunteer@fightingzebrasfootball.com)

Spirit Wear Chair: Julie Wiswell - [spiritwear@fightingzebrasfootball.com](mailto:spiritwear@fightingzebrasfootball.com)

LHS Liaison: Tiffany Brown: [tbrown@wpusd.org](mailto:tbrown@wpusd.org)

# LINCOLN FIGHTING ZEBRAS FOOTBALL

## Player/Parent Responsibilities 2025 Season

### **ANNUAL COSTS PER PLAYER**

**Transportation Costs:** \$80 (Payable to LHS and due when school starts)

**ASB Card:** \$50 (Payable to LHS and due when school starts)

(ASB Card = discount dance tickets, FREE entry into home sports games, etc)

**Practice Uniform (Spirit Pack)** \$98 (See breakdown below)

**Football Program Costs** \$350 (See fundraising below) **Due July 31st**

(i.e. helmet reconditioning, Scoreboard, locker room renovations, uniforms and player game day meals)

**JV/Varsity Tahoe Football Camp** \$250 \*In order to attend players must be registered via our website, paid camp fees and have permission slip turned into Coach Berg.

### **\*\*FUNDRAISING TARGETS - PER PLAYER\*\***

**LIFT-A-THON: June 13th** \$350

100% of ALL funds that your player raises for the Lift-a-Thon fundraiser go towards their program fees - up to \$350!

**ZEBRA CARDS: July 28th - Aug. 11th** \$20/card (20 card minimum) **Due Aug. 11th**

\*Buyout for Zebra Card fundraiser is \$280, no cards issued to players who opt to do the buyout. All of the proceeds go to purchase medical tape, sideline water distribution, field equipment and other consumable items used by players during practices and games. Buyout money due July 25th with checks made payable to LHS and given to Coach Berg.

**KICK-OFF DINNER at McBean Pavilion on August 1st**

**\$50/ticket - 2 tickets per player** **Due July 28th**

\*Players expected to sell 2 tickets each. No limit to the number of tickets sold. Tickets sold online and must be purchased by July 28th

**Lincoln Automotive Car Wash: July 26th Freshman: 10am-Noon, JV: Noon-2pm, Varsity: 2pm-4pm**

All proceeds go to each squad to be used for team bonding activities and end of the year banquets.

### **PARENT VOLUNTEER HOURS**

**8 hours per player**

Buy-out option available for \$100 OR donation of (2) \$50 value OR (1) \$100 value raffle baskets for Kick-off dinner OR (2) \$50 value dessert donations for dessert auction. **Must contact Vashti Cirrina at [sponsorships@fightingzebrasfootball.com](mailto:sponsorships@fightingzebrasfootball.com) by July 28th to let her know of your raffle or dessert donation.**

### **PRACTICE UNIFORM/SPIRIT PACKS**

To purchase go to: <https://fighting-zebras-football-booster-club.square.site/>

Practice Dri-Fit Shirt	\$30
Practice Shorts	\$35
Practice Jersey	\$25
Girdle	\$25
Spirit Pack	\$98

**\*\*Once purchased, items will be given to your player's coach to give to your player.**

**\*\*If you bought practice gear last year you may use the same items this year. Keep in mind, it's always a good idea to have at least 2 shirts and 2 pairs of shorts, if possible.**