

# LAHS ATHLETICS

## **2009-2010 School Year**

Please contact the Athletic Directors for additional information (562) 799-4780

Boys Athletic Director – Russ May x82819 rmay@losal.org

Girls Athletic Director – Debbie Fleming x82254 dfleming@losal.org

## FALL SPORTS

Girls Tennis & Volleyball, Football, Boys Water Polo, Boys & Girls Cross Country, Surfing and Girls Golf will practice after 6<sup>th</sup> period athletics starting in August and ending in November.

### Football – Varsity, JV, Frosh Teams

**Varsity Coach: John Barnes**  
**Ext. 82248**

Some players may be cut from this sport. There is a camp in the summer that is highly recommended. You should enroll in 6<sup>th</sup> period athletics-football for fall semester and spring semester unless you are in another spring sport.

### Boys Water Polo – Varsity, JV, Frosh/Soph Teams

**Varsity Coach: Dave Carlson**  
**dcarlson@losal.org**

Non-cut sport for freshmen. You may want to also enroll in swimming during spring semester. There is usually a water polo club in June and July. There are also some night games and weekend tournaments. You should enroll in sixth period athletics – water polo for fall semester.

### Boys and Girls Cross Country Varsity, JV, FS

**Varsity Coach: Nathan Howard**  
**nhoward@losal.org**

Some players may be cut. Summer camp will be at various locations around the community including Signal Hill and Central Park in Huntington Beach July 13<sup>th</sup> – August 21<sup>st</sup>, 6pm – 8pm. Team time trial (try-outs) will be held at the end of summer camp. You should enroll in sixth period athletics-cross country for fall semester.

### Girls Golf

**Varsity Coach: John Haygood**  
**jhaygood@losal.org**

Tryouts begin in August. Some players may be cut. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Girls Tennis – Varsity & JV Teams

**Varsity Coach: Debbie Fleming**  
**dfleming@losal.org**

Summer camp will be August 10<sup>th</sup> through August 14<sup>th</sup> from 2:00pm-4:30pm at El Dorado Park Tennis Center. Tryouts will be Sept. 8<sup>th</sup> and 9<sup>th</sup>. There are players cut. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Girls Volleyball – Varsity, JV & Frosh/Soph Teams

**Varsity Coach: Dave Huber**  
**dhub11@hotmail.com**

Summer camp will be August 3<sup>rd</sup> through August 14<sup>th</sup> in the gym. The first day of practice will be August 24<sup>th</sup>. There are players cut. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Surfing – Varsity

**Coach: Bart Smith**  
**bsmith@losal.org**

Students enrolled in Surfing must sign-up for “0” period surfing and unscheduled 1<sup>st</sup> period for both the fall and spring semesters. Surf teams consist of girls, body boarders, short boarders and long boarders. Class meets at the beach. The school provides no transportation. Contact: (799-4780 x 82305) or www.losalsurf.com.

## WINTER SPORTS

Wrestling, Boys & Girls Soccer, Boys & Girls Basketball, Girls Water Polo can practice after 6<sup>th</sup> period athletics starting in November and ending in February.

### Boys Basketball – Varsity, JV, Soph, Frosh I, Frosh II teams

**Varsity Coach: Russ May**  
**rmay@losal.org**

Freshman orientation will be held June 20<sup>th</sup> in the gym at 12:00 noon. Incoming freshman basketball camp begins June 23<sup>rd</sup>. Official tryouts are within the first two weeks of school (approximately 9/20). Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Girls Basketball – Varsity, JV, Frosh/Soph Teams

**Varsity Coach: Frank Lopez**

Some players may be cut. There is a summer program beginning in June. The JV/Varsity will be in a summer league. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Girls Soccer – Varsity, JV, F/S

**Varsity Coach: Steve Soler**  
**soler80@aol.com**

Summer camp will be June 22<sup>nd</sup> through July 3<sup>rd</sup>. There are players cut. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Boys Soccer – Varsity, JV, F/S

**Varsity Coach: Donovan Martinez**  
**donovan3@peoplepc.com**

Summer camp will be held July 1 – July 11, 7:30am – 10:00am on the Los Al soccer fields and the Deft Touch Soccer Center in Los Alamitos. There are players cut. Do not enroll in athletics. A schedule change will be made by the coach when you make the team. Camp is not mandatory but is a great opportunity and is highly recommended.

### Girls Water Polo – Varsity, JV, Frosh/Soph Teams

**Varsity Coach: Dave Carlson**  
**dcarlson@losal.org**

Non-cut sport for freshmen. You must enroll in swimming during spring semester. There is usually a water polo club in June and July. There are also some night games and weekend tournaments. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Wrestling – Varsity, JV, F/S

**Varsity Coach: Ken Torres**  
**ktorres@losal.org**

Some athletes may be cut. Enroll in 6<sup>th</sup> period athletics-wrestling for fall semester and spring semester if you are not playing a different spring sport. Summer wrestling camp is highly recommended for incoming freshmen. Fliers are available in the main office.

## SPRING SPORTS

Baseball, Boys Golf, Track, Softball, Boys & Girls Swimming, Boys Tennis, Boys & Girls Track, Boys Volleyball will practice after 6<sup>th</sup> period athletics starting in February and ending in May.

### Baseball – Varsity, JV, Frosh/Soph

**Varsity Coach: Aaron Moore**

Summer camp is not part of the tryout process, but is still a good first opportunity for a player to be seen. Camp will be on the baseball field with dates TBA. Tryouts will be held in late September and early October. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

**Boys Golf – Varsity**

There will be tryouts in November. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

**Varsity Coach: John Haygood**  
**[jhaygood@losal.org](mailto:jhaygood@losal.org)**

**Softball – Varsity, JV Teams**

Summer camp will be July 20<sup>th</sup> – July 24<sup>th</sup>. There are players cut. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

**Varsity Coach: Rob Weil**  
**[rweilfamily@aol.com](mailto:rweilfamily@aol.com)**

**Boys/Girls Swimming – Varsity, JV, and F/S Teams**

Non-cut sport for freshmen. You may want to enroll in Water Polo also. Enroll in sixth period athletics swimming for spring semester.

**Varsity Coach: Dave Carlson**  
**[dcarlson@losal.org](mailto:dcarlson@losal.org)**

**Boys Tennis – Varsity, JV Teams**

Summer tennis camp will start June 22<sup>nd</sup> at El Dorado Tennis Center. This camp is for incoming players as well as returning players. The summer camp will also be used for tryouts so if students want to tryout for the tennis team they must enter the summer camp, which will run through most of the summer. Contact Coach Mike Moorewood or Head Pro Kevin Garrett at the El Dorado Tennis Center.

**Varsity Coach: Mike Moorewood**  
**[mwood4006@yahoo.com](mailto:mwood4006@yahoo.com)**

**Boys & Girls Track – Varsity, JV & Frosh/Soph Teams**

Summer camp is TBA. Official tryouts will be in December. Do not enroll in sixth period athletics-track for spring semester. You will be placed there after tryouts.

**Varsity Coach: Nathan Howard**  
**[nhoward@losal.org](mailto:nhoward@losal.org)**

**Boys Volleyball – Varsity, JV Teams**

Summer camp at LAHS gym – dates/times TBA. Tryouts are 2-3 days approximately 2.5 hours. You should enroll in 6<sup>th</sup> period athletics-volleyball for spring semester.

**Varsity Coach: Dave Huber**  
**[dhub11@hotmail.com](mailto:dhub11@hotmail.com)**

**Boys Lacrosse -**

Tryouts are in January 2010. Summer camp information TBA. Enroll in sixth period for spring semester.

**Varsity Coach: Kevin Meyran**  
**[www.griffinlax.com](http://www.griffinlax.com)**

**Girls Lacrosse -**

Summer camp will be in July. Tryouts are at the end of the first semester. There are players cut. Do not enroll in athletics. A schedule change will be made when you make the team.

**Varsity Coach: Meredith Adamicki**  
**[losalwomenslacrosse@yahoo.com](mailto:losalwomenslacrosse@yahoo.com)**