

# LAHS ATHLETICS

## **2011- 2012 School Year**

Please contact the Athletic Directors for additional information (562) 799-4780  
Boys Athletic Director – Richard Smith x82756 rsmith@losal.org  
Girls Athletic Director – Chris Vlasic x82243 cvlasic@losal.org

### FALL SPORTS

#### Football – Varsity, JV, Frosh Teams

**Varsity Coach: John Barnes**  
**Ext. 82248**  
**www.losalgriffinsfootball.com**

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

**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. 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, JV

**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

**Varsity Coach: Kevin Garrett**  
**boleroo@aim.com**

Summer camp will be August 8<sup>th</sup> thru August 12<sup>th</sup>. Tryouts will be August 30<sup>th</sup> & 31<sup>st</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

**Varsity Coach: Dave Huber**  
**davidhuber@gmail.com**

Summer camp will be August 1<sup>st</sup> thru August 12<sup>th</sup>. Tryouts will be August 12<sup>th</sup>. The first day of practice will be August 22<sup>nd</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 (Year-Round)

**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

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

**Varsity Coach: Eddie Courtemarche**  
**ecourtemarche@losal.org**

Incoming freshman basketball camp is 6/20-7/28/11. Official tryouts are within the first two weeks of school. 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

**Varsity Coach: Chris Vlastic**  
**mrvlastic@gmail.com**

Freshman orientation will be held Friday, June 17<sup>th</sup> @ 6pm in Room 410 @ Los Al. Incoming freshman basketball camp begins June 20<sup>th</sup> thru July 29<sup>th</sup>. Official tryouts are within the first two weeks of school. 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 15<sup>th</sup> thru June 29<sup>th</sup>. Tryouts will be June 30<sup>th</sup> from 8-10am @ Los Al. 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 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

**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 – Varsity, JV, Frosh/Soph

**Varsity Coach: Matt Nuez**  
**mnuez@losal.org**

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

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

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.

### Softball – Varsity, JV, and F/S

**Varsity Coach: Rob Weil**  
**rswelfamily@aol.com**

Summer camp will be July 11<sup>th</sup> thru July 15<sup>th</sup>. Tryouts will be July 16<sup>th</sup> from 9am -12pm @ Los Al. There are players cut. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Boys/Girls Swimming – Varsity, JV, and F/S

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

No summer camp. There are players cut. Tryouts (time trials) will be held at the end of 1<sup>st</sup> semester. Do not enroll in athletics. A schedule change will be made by the coach when you make the team.

### Boys Tennis – Varsity, JV

**Varsity Coach: Mike Moorewood**  
**mwood4006@yahoo.com**

Summer camp sessions will be held June 28<sup>th</sup> thru August 26<sup>th</sup>. Tryouts will be August 30<sup>th</sup> & 31<sup>st</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 & Girls Track – Varsity, JV & Frosh/Soph

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

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.

### Boys Volleyball – Varsity, JV

**Varsity Coach: Mike Whitcomb**  
**mwhitcomb@losal.org**

Summer camp at LAHS gym – dates/times TBA. Tryouts are athletics-volleyball for spring semester.

You should enroll in 6<sup>th</sup> period

### Boys Lacrosse – Varsity, JV

**Varsity Coach: Ben Barchey**  
**losalmenslacrosse@gmail.com**

Men's camps are 2 weeks. Varsity summer camp is 7/25-7/29 and 8/3-8/5, 5pm-8pm at McAuliffe Middle School. Summer camp for incoming F/S and JV is 7/11-7/15 and 7/18-7/22, 5pm-8pm 5pm. Enroll in sixth period for spring semester.

### Girls Lacrosse - Varsity, JV

**Varsity Coach: Liz Connelly**  
**Lizconnelly81@gmail.com**

Summer camp for Varsity players is 8/1 – 8/6, 8am-12pm at Laurel High School. Summer camp for incoming F/S and JV is 8/1 – 8/6, 2pm-6pm at Laurel High School. There are players cut. Do not enroll in athletics. A schedule change will be made when you make the team.