

# **LAHS ATHLETICS**

## **2010 - 2011 School Year**

Please contact the Athletic Directors for additional information (562) 799-4780  
Boys' Athletic Director – Richard Smith, ext. 82756, rsmith@losal.org  
Girls' Athletic Director – Debbie Fleming, ext. 82254, 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**

**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**

**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, JV**

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

Summer camp will be June 29, July 6, 7, 8, 13, 14, & 15 @ 2:00pm. Tryouts are August 16, 17 & 18. 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: Debbie Fleming**  
**dfleming@losal.org**

Summer camp will be held August 9<sup>th</sup> through August 13<sup>th</sup> from 1:00pm-4:00pm at Los Alamitos High School. Tryouts will be August 30 and 31<sup>st</sup> from 1:00-3:00pm at LAHS. 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**  
**dhub11@hotmail.com**

Summer camp will be August 2<sup>nd</sup> – 6<sup>th</sup> and August 16<sup>th</sup> – 20<sup>th</sup> for returning players @ LAHS. (Times TBA) Summer camp for Freshman & New Players will be Aug. 2<sup>nd</sup>-6<sup>th</sup> and Aug. 16-19<sup>th</sup> @ LAHS. Tryouts will be held on Friday, August 20<sup>th</sup> from 11:00am -1:00pm. There are players cut. The first day of practice will be August 23<sup>rd</sup>. 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**

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**

**Varsity Coach: Cary Kutzke**  
**drkutzke@sportsageid.com**

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**

**Varsity Coach: Frank Lopez**  
**flopez415@aol.com**

The summer program will be June 21<sup>st</sup> through July 28<sup>th</sup>. Orientation meeting is Saturday, June 12<sup>th</sup>, 9:00am in the LAHS gym. Tryouts are July 29<sup>th</sup> & 30<sup>th</sup> from 3:00pm-5:00pm @ LAHS. 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 21<sup>st</sup> through July 1<sup>st</sup> from 8:00am-10:00am. Summer league games will begin June 28<sup>th</sup> –July 9<sup>th</sup> between 12:00pm -6:30pm. Tryouts are Friday, July 2<sup>nd</sup> from 8:00am-12:00pm at LAHS. 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**

**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, and 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**  
**amoore@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**

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

Summer camp will be July 12<sup>th</sup> – July 15<sup>th</sup> at LAHS from 9:00am -12:00pm. Try-outs will be held on July 16<sup>th</sup> from 9:00 am-12:00pm @ LAHS. 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**

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

### **Boys' Tennis – Varsity, JV**

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

Summer tennis camp will be held from August 9<sup>th</sup> through August 13<sup>th</sup> from 9:00am -12:00pm at Los Alamitos High School. Tryouts will be held on August 30<sup>th</sup> and 31<sup>st</sup> from 9:00am-12:00pm at LAHS. 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 2-3 days approximately 2.5 hours. You should enroll in 6<sup>th</sup> period athletics-volleyball for spring semester.

### **Boys' Lacrosse – Varsity, JV**

**Varsity Coach: Kevin Meyran**  
**www.griffinlax.com**

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

### **Girls' Lacrosse – Varsity, JV**

**Varsity Coach: Meredith Meyran**  
**losalwomenslacrosse@yahoo.com**

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.