



TO: All Returning Athletes and the Class of 2022

FROM: Michelle Noeth - Los Altos High School Athletic Director

DATE: MAY 11th, 2018

SUBJECT: **ATHLETIC INFORMATION for 2018-2019**

The following sports are offered at Los Altos High School (Varsity and JV/FS level except Golf, and Boys & Girls Lacrosse Varsity only):

Fall Season: Boys/Girls Cross Country, Cheer, Dance, Girls Golf, Girls Field Hockey, Football, Girls Tennis, Girls Volleyball, Boys/Girls Water Polo

Winter Season: Boys/Girls Basketball, Boys/Girls Soccer, Wrestling

Spring Season: Badminton, Baseball, Boys Golf, Girls Gymnastics, Softball, Boys/Girls Swimming and Diving, Boys Tennis, Boys/Girls Track & Field, Boys/Girls Lacrosse, Boys Volleyball

Sports Physicals:

August 8th @ PT Works Physical Therapy Clinic \$40.00 – 6pm-9pm

Fall Sports Friday, August 3, 2018 is the official starting date.

Note that some sports will begin before school officially starts.

MEET THE COACHES August 13th 5:30-6:30pm in the quad.

FRESHMAN Parents/Athlete Presentation August 13th PCA 6:45-7:75pm in the Theater

Monday August 20, 2016 is the first day of school- there will be tryout and practice on this date.

Summer/Fall Programs: Please read through the Sports below. Coaches contact are also available on the Los Altos High School Athletic website.

FOOTBALL:

Summer practice will start **June 4th**, for incoming Freshman the following week after 8th grade graduation.

Varsity & F/S Monday-Thursday from 5:00PM-7:30PM.

We ask that the athlete is present for all summer activities. Please bring athletic gear, shoes, football cleats and water. There are only 18 scheduled practices and we do expect all of our football players to be there.

June 12th- 4:30-6:30 Summer kick off BBQ (Meet and Greet for incoming Freshman and all current Eagles football players) at Heritage Oaks Park in Los Altos.

June 29th-July 8th and July 23rd-Aug 3rd No practice to give families a chance to get town for a few weeks. There is no access to our schools facilities or coaches during the July 23- Aug 3rd dates.

August 2 - Varsity Pad Pick up day

August 2 -F/S Pad pick up day.

August 3 - First official day of practice (This is Mandatory)

August 11- Welcome back BBQ

Any questions? Please contact Head Coach Trevor Pruitt: (650)804-9038 or Tkpruitt87@yahoo.com

FIELD HOCKEY:

LAHS supports both Varsity and JV field hockey teams. Want to try out? **No field hockey experience necessary**, but will have to run every day! If you have never played before, our summer workouts can give you quite a head start for both hockey skills and fitness.

SUMMER 2018: We run open summer workouts for all players (returning or new) from June 4th - July 20th. Mon, Wed & Fri mornings, 7:00am - 9:00am in the LAHS Fitness Center, AND Thursday evenings from 6:00-8:00pm on the turf field (hockey play).

Morning workouts will focus on strength and conditioning, as well as give players an opportunity for learning or improving field hockey skills. All students are welcome!

TEAM TRYOUTS: All players will start tryouts on Friday, Aug 3, 4:00-6:00 pm on the turf, and will continue through the first week of school. Specific tryouts schedule after Day 1 is still TBD.

E-LIST: We send out updates regularly via our LAHS field hockey e-list (SIGN UP NOW for the e-list through the school website!).

Any questions? Please contact Head Coach Mary Donahue: mary@i2ii.com or cell: 408-718-9287.

BOYS WATER POLO – Please email Coach Tasman for more information about our summer training. Team meeting on Friday, August 10th 4:00 pm. Tryouts start Monday, August 13th. 7 - 9 am, 3 - 5 pm. 8/14, 9 - 11 am, 8/15 7 am - 9 am, V 3 - 5 pm, FR 5 - 7 pm. 8/16, 9 - 11 am. 8/17, 7 - 9 am, 3 - 5 pm. 8/18 9 - 11 am

Any questions? Please contact Head Coach Seth Tasman: stasman8@gmail.com

GIRLS WATER POLO –Please email Coach Tasman for more information about our summer training. Team meeting on Friday, August 10th 4:00 pm.

Tryouts start Monday, August 13th. 9 - 11 am, 5 - 7 pm. 8/14, 7 - 9 am, 8/15 9 am - 11 am, V 3 - 5 pm, FR 5 - 7 pm. 8/16, 7 - 9 am. 8/17, 9 - 11 am, 3 - 5 pm. 8/18 7 - 9 am

Any questions? Please contact Head Coach Katie Tasman:kathryn.tasman@gmail.com.

CROSS COUNTRY - Team will meet throughout the summer for runs on the trails in Los Altos Hills and some general core and strength conditioning. These sessions are optional but athletes who gradually build up their mileage during the summer are far

less likely to get injured in the fall and will have a much more successful competitive season. And it's a great way to make new friends:)

Dates: June 4th - July 20th, August 3rd - 17th

Time: 4:30-6:30pm (beginners will be done in less than an hour)

Monday, Wednesday, Thursday: meet at Lincoln Park at the end near intersection of Edith and University Ave.

Tuesday & Friday: meet at LAHS track. Run will start and finish at the high school so experienced runners can use the weight room afterwards.

Saturday: occasional group long runs will be organized at various local preserves.

Details will be sent out via xc email list the week before.

Please join our email list by signing up at losaltosxc.com

Any questions? Please contact Head Coach Steph MacKenzie at

stephmack75@gmail.com

GIRLS VOLLEYBALL – Open gym every Monday & Wednesday for all levels:

June 8th thru July 20th from 6:00-8:00 pm.

Tryouts start on Monday August 6th from 5:30-7:30pm.

Any questions? Please contact Head Coach Peter Kim: revmoon@comcast.net

BOYS VOLLEYBALL - Open gyms will be every Monday June 6th – July 18th from 4:00-6:00 pm. This is a great opportunity to work on volleyball skills, meet current and future players and have fun. Contact Head Coach Vernal Leslie at vern@alphaprimevolleyball.com

BOYS BASKETBALL – Open gyms on Monday Boys F/S 6-8pm Small Gym. 8-8:45 Fitness Room. Tuesday Boys Varsity 4:30-6:30 Large Gym 6:30-7:15 Fitness Room. Tuesday Boys Freshman 6:30-8:30 Large Gym and 8:30-9pm Fitness Room. Thursdays - Boys Varsity 4:30-6:30 Large Gym 6:30-7:15 Fitness Room. Tuesday Boys Freshman 6:30-8:30 Small Gym and 8:30-9pm Fitness Room.

Summer League starts on June 13th.

Any questions? Please contact Head Varsity Boys Basketball Coach - Trevor Naas trevor.naas@gmail.com

GIRLS BASKETBALL - Monday 4-6 pm Small Gym, 6-7pm Fitness Room. Wednesday 4-6pm Large Gym 6-7pm Fitness Room. Saturday 8:30-9:30 Fitness Room 9:30-11am Large Gym. Any questions? Contact Head Coach Jaclyn Brode jbrode14@yahoo.com

GIRLS GOLF: Summer Golf: June 5, 12, 19, 26 1:30-3:30 at Shoreline Golf Course - Each player must have their own golf clubs.

Fall Tryouts : August 21-23 at Shoreline Golf Course

Questions: Contact Richard Fujii @ 650-940-7456 Richard.fujii@mvla.net

GIRLS TENNIS – Girls Tennis tryouts will start on Monday August 20th –

Varsity Coach: Hung Nguyen h2nguyen35@comcast.net

BOYS GOLF: Summer Golf: June 5, 12, 19, 26 1:30-3:30 at Shoreline Golf Course -
Each player must have their own golf clubs.

Spring Tryouts: Jan. 28 thru Jan 30 at Shoreline Golf Course

Questions: Contact Richard Fujii @ 650-940-7456 Richard.fujii@mvla.net

BADMINTON - FRIDAYS 4pm -7 pm Large Gym Starting June 8th.

Any questions? Contact Head Coach: Hermon Young at hkyoung@gmail.com

BASEBALL –First official day of Spring Sports is January 28th, 2018

Contact Varsity Head Coach Gabe Stewart for more information.
Gabriel.stewart@mvla.net

BOYS TENNIS - First official day of Spring Sports is January 28th, 2018

Varsity Head Coach Thor Holt thor10ispro@gmail.com

Frosh Soph Coach Hung Nguyen h2nguyen35@comcast.net

TRACK & FIELD / GIRLS & BOYS - Monday January 29,2019

Questions - Contact Coach Gerri Baldwin at gerrib@sbcglobal.net or
David Barth at dbarth86@gmail.com

Other head coaches' names, phone numbers, and email addresses for specific information:

CHEER	Amber Fanter- a.fanter@gmail.com
DANCE	Jordan Micek- lahsdt@gmail.com
DIVING G&B	Alexandra Wilson- alex.wilson@mvla.net
GYMNASTICS	Sarah Wallace- sarahmwallace06@gmail.com
BOYS LACROSSE	TBA
GIRLS LACROSSE	Christina Perez- cperez2318@gmail.com
BOYS SOCCER	Vava Marques- vavamarques@netscape.net
GIRLS SOCCER	TBA
WRESTLING	Charles Volaries- cvolaires90@yahoo.com
SOFTBALL	Robert Herrera- Robert.L.Herrera@kp.org
BOYS SWIMMING	Seth Tasman- stasman8@gmail.com
GIRLS SWIMMING	Kathryn Tasman- kathryn.tasman@gmail.com

I hope you find the above information helpful. Please make every effort to attend some or all of the programs in your sport. If you have earned a GPA of less than 2.0 second semester 2018, ***you must enroll in summer school, retake classes that you can improve your grade in and your semester grade must reflect a 2.0*** or higher by August 3th to be eligible for Fall Sports.

IMPORTANT DATES:

May 19, 2018 - Sports Physicals from 9:00am – 1:00 p.m. (requirement for eligibility and participation in our sports program)

August 3, 2018 – Start of Fall Sports

August 13, 2018 – Meet the Coaches in the Quad in front of the LAHS Theater
5:30–6:30pm Presentation from Positive Coaching Alliance 6:45-7:45pm

August 20, 2018 – First Day of School

Athletic Director, Michelle Noeth

Michelle.noeth@mvla.net

****Go Eagles****