

**GIRLS TENNIS (fall) – Head Coach TBD**

**BOYS TENNIS (spring) – Head Coach David Riley (805-588-3204)**

Summer tennis camp for kids 8-13 will be from June 11-15 from 9-11am.

No summer hitting for boys or girls at this time.

**GIRLS VOLLEYBALL (fall) – Head Coach Rhiannon Turnquist (805-588-1057)**

**BOYS VOLLEYBALL (spring) – Head Coach Aaron Batula (805-286-8775)**

Girl's summer camp, in conjunction with the Lompoc Parks & Rec, is **June 11-14 from 5:30-7:15pm in the Cabrillo gymnasium**. Regular season starts in August 2018 with a lock-in for all levels. Summer conditioning for Varsity, JV, and Freshman volleyball athletes are yet to be determined. Please call the coach for more information.

**BOYS WATER POLO (fall) – Head Coach Jeff Dacus (805-588-5449)**

**GIRLS WATER POLO (winter) - Head Coach TBD**

Boys summer program for learning or improving the skills used in water polo is **June 11 - July 17, 2018 from 8:30am to 10:30am** at the Lompoc Aquatic Center. All incoming freshmen are invited. Listen for announcements at school. You will need a physical, swimsuit and goggles. Girls summer program is June 11-July 19, 2018.

**BOYS & GIRLS TRACK (spring) – Russ French (805-944-7613)**

Cabrillo High Track and Field will begin work for the upcoming year **Monday, June 11, 2018**. We will meet in the bleachers at the Cabrillo track at **9:00 am**. Distance runners are encouraged to participate in the Cross Country Program. We encourage Sprinters, Jumpers, Pole Vaulters, Hurdlers and Throwers to text or call Coach French at 805-944-7613 or at [Russ@RussFrench.com](mailto:Russ@RussFrench.com) with any questions you might have.

**WRESTLING (winter) – Coach Mike Wallace (805-291-1344)**

The summer wrestling season pens up with a **Wrestling Camp held in conjunction with the Lompoc Parks and Rec Department beginning June 11 - June 14, 2018 from 4:30pm-6:30pm in the Cabrillo Wrestling room**. Contact Coach Wallace for more information on the rest of the summer program.



## CABRILLO HIGH SCHOOL

*"Home of the Conquistadores"*

Commitment \* Achievement \* Responsibility \* Excellence  
"We CARE at Cabrillo High School"

**Dan Troup, Athletic Director**

CHS Athletic Office

805-742-2905

4350 Constellation Road

Lompoc, CA 93436



**All information is subject to change. For the most update information, please contact the coach of the sport.**

**Note:** Cabrillo High School Offices will be closed for summer break June 21 – July 31, 2018.

# Cabrillo High School

*"Home of the Conquistadores"*

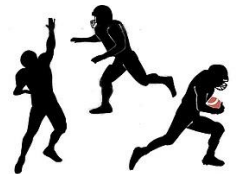
## SUMMER SCHEDULE 2018

The **Cabrillo High School Athletic Department** provides a wide variety of athletic programs for student participation. Twenty-two sports are available to our student/athletes. Each of these sports offers a high level of varsity competition as well as lower level competition for student/athletes to build on their individual levels of skill, strength and conditioning. Participation in athletics provides students an opportunity to build lifelong friendships and real-life skills by developing sportsmanship, teamwork, responsibility, punctuality and commitment.

**Cabrillo High School** has three seasons of sport. Listed below are the sports by season to help students determine which teams they wish to try out. Varsity (V), Junior Varsity (JV), and Freshman (F) levels vary by sport:

### FALL SEASON

Boys Cross Country (V/JV)  
Girls Cross Country (V/JV)  
Football (V/JV/F)  
Girls Tennis (V/JV)  
Girls Volleyball (V/JV/F)  
Boys Water Polo (V/JV)  
Girls Golf  
Cheer



### WINTER SEASON

Boys Basketball (V/JV/F)  
Girls Basketball (V/JV/F)  
Boys Soccer (V/JV)  
Girls Soccer (V/JV)  
Girls Water Polo (V/JV)  
Wrestling (V/JV)  
Cheer



### SPRING SEASON

Baseball (V/JV)  
Boys Golf (V/JV)  
Softball (V/JV)  
Boys Swimming (V/JV)  
Girls Swimming (V/JV)  
Boys Tennis (V/JV)  
Boys Track (V/JV)  
Girls Track (V/JV)  
Boys Volleyball (V/JV)



### WHAT YOU NEED TO PARTICIPATE

- 2.0 or Better GPA
- Sports Physical
- Good Sportsmanship
- Desire
- Good Work Ethic

All participants are **student** athletes. This means they must maintain a 2.0 GPA or better for each grading period to be eligible during the next grading period. Students may apply for probationary eligibility twice during their high school career. Call the Cabrillo Athletic Office for more information on Academic Probation.

Student athletes must have a current (annual) physical on file in the Athletic Office to be eligible to participate. **A sports physical will be offered on Thursday, May 31, 2018 by our Team Doctors beginning at 5:30 PM at the Valley Medical Group, 136 N Third St. Lompoc. Please use the Athletic Pre-Participation Evaluation "Physical" form issued by the Cabrillo Athletic Office. These forms must be signed by the parent, student and the physician giving the physical. The forms are available in the CHS Athletic Office or you may download a form from our website. If you elect to have a physical with your family physician, please pick up our multi-part forms before your appointment and return two signed copies. Physical forms must be turned in directly to the Athletics Office at Cabrillo. Do not wait until August or September to schedule your sports physical. Student athletes will not be allowed to practice or participate until we have a "current" physical form on file.**

**Student athletes are required to abide by all CIF, school, department and team policies and regulations. Parents and student athletes are requested to attend an orientation meeting which is held at the beginning of each year.**

**Fall sports normally require athletes to begin conditioning and/or practice before the opening day of school.**

**Winter sports normally have practice and/or games and tournaments over Winter Break.**

**Spring sports normally have practice and/or games and tournaments over Spring Break.**

**Athletic PE classes are available only to varsity level athletes. Freshmen will not be registered for this class without the permission of the Athletic Director.**

**Athletes are encouraged to participate in more than one sport.**

➤ LUSD transportation is used for transporting athletes, but volunteer parent transportation is sometimes used on weekends.

**BASEBALL (spring) - Head Coach Jon Osborne (805-717-3213)**  
There is no summer program for baseball. Baseball workouts, weight lifting, and conditioning will begin in September. Tryouts for the regular season will be in February. You will need a sports physical and baseball equipment.

**BOYS BASKETBALL (winter) – CJ Simmons (805-742-2905)**  
There is a summer program for all levels. Dates and times are to be determined. Please call Coach Simmons for more information.

**GIRLS BASKETBALL (winter) – Head Coach Jared McCune (805-291-3776)**  
There is a summer program for all levels. Dates and times are to be determined. Please call Coach McCune for more information.

**BOYS CROSS COUNTRY (fall) – Head Coach Mike Harnden (805-588-5755)**  
**GIRLS CROSS COUNTRY (fall) – TBD**

A fun, competitive and challenging season awaits us this year. Summer practice will begin July 2. We will practice Monday through Saturday 9:00am-12:00pm at the CHS track. You will need a good pair of running shoes, shorts, t-shirt, jacket, water, a snack for after running, and a wrist watch (for training paces). Contact Coach Mike for more information.

**FOOTBALL - Head Coach AJ Pateras (805-216-5636)** Freshmen Football Orientation will be held on Friday June 22nd at 4pm in the Cabrillo High Gym. Summer Practice begins Monday June 25<sup>th</sup>, 3:30pm-6:30pm for all levels. Calendars will be handed out at Freshmen Orientation for the incoming Freshmen families. Returning athletes will have calendars prior to the last day of school, June 7th. Open Weight Room will start June 11th- June 22<sup>nd</sup>, 4:30pm-5:30pm, Monday-Friday. The summer sessions is vital for all players especially freshman. These sessions will be used to teach offensive and defensive basics as well as build a solid strength and conditioning base. Please visit our webpage [cabrillofootball.com](http://cabrillofootball.com) for more information. All players need to have an athletic physical prior to the June 25th Practice. The forms are available at Cabrillo High School Athletics Office, or can be downloaded from CHS's Athletic page. Feel free to contact Coach Pateras by phone, email, or text any time if you have any questions. Summer and Fall Practice are not optional, and attendance is vital to ensure athletes are prepared both physically and mentally to compete on Friday nights and to ensure the safety of each athlete.

**GIRLS GOLF (fall) – Head Coach Dave Schroeder (805-717-0213)**

**BOYS GOLF (spring) - Head Coach Craig Knowles (805-757-2918)**

Summer golf is vital to improvement and good performance. Girl's summer golf will begin practices on **Tuesday, June 12** at Mission Club and will practice each Tuesday at 2:00 pm. Fall practice for the girls will begin on Tuesday, August 7<sup>th</sup> at 3:00 pm. (Boy's golf try-outs will take place in mid-January.)

**BOYS SOCCER (winter) - Head Coach Oscar Torres (805-742-6474)**

All boys interested in soccer should contact Coach Torres. **Soccer Camp is at Cabrillo High School, June 11-14, 3pm-5pm.** [Camp is in conjunction with the Lompoc Recreation Dept.] Summer Conditioning will be held **July 16-August 13**. This is your chance to get a leg up on the competition by learning the program and improving your skills while playing with returning players. If you have any question please contact Coach Torres.

**GIRLS SOCCER (winter) - Head Coach Derrick Wong (805-598-6429)**

Girls Soccer summer practices will be from **July 9 – July 27 from 4:00pm-5:00pm**. Please meet at Cabrillo Fields with proper equipment for practice. These practices are open to all incoming 9<sup>th</sup> graders. This is a good way to get prepared and learn about the program before school starts. Practices will focus on ball skills and conditioning. Tryouts will occur the first week of November. Updated information can be found on our **website, [www.cabrillosoccer.org](http://www.cabrillosoccer.org)** or follow us on **twitter @CabrilloSoccer**.

**SOFTBALL (spring) - Head Coach Adrian Abayari (805-588-9910)**

Cabrillo will have a summer softball team who will be participating in a 5 week summer program starting in mid-June. Please call Coach Abayari if you would like more information. A pre-season conditioning program will start in January. All girls wishing to play softball are encouraged to participate. Regular season tryouts will be near the beginning of the Spring Season. You will need a sport physical and softball equipment.

**BOYS SWIMMING (spring) - Head Coach Jeff Dacus (805-588-5449)**

**GIRLS SWIMMING (spring) - Head Coach Scott Alvarez (805-264-2077)**

There is no summer program for swimming. If interested in improving your swimming skills and conditioning, join the local Tsunami Swim Team or play summer water polo. Tryouts for the regular season are in the spring. You will need a sport physical, swimsuit and goggles.