



Rancho Cucamonga High School

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“Champions in the Making”

April 2018

Welcome Cougars to the 2018-2019 Athletic Season

As you begin to prepare for what will be another exciting high school year, we welcome you to participate in our athletic program here at RCHS. We have a proud tradition of excellence and competition. Many of our teams will begin preparations for the 2018-2019 seasons with summer workout programs. Below is the information for each of our sports programs at RCHS. We encourage you to tryout for as many teams as you like. All student-athletes should come to the first day of practice ready to participate in appropriate sport specific clothing and shoes. If you need further details please contact the coach at 909-989-1600 at the extension listed or at the number listed below their name. In addition, you can e-mail them at the address listed here. Best of luck and welcome to Rancho Cucamonga High School Athletics 2018-2019!

RCHS Athletic Department

<u>Fall</u>	<u>Head Coach</u>	<u>Practice Schedule</u>			
FOOTBALL	Mark Verti	Varsity	May 28 – June 30	M-Th	3:00-5:30 pm
		JV	May 28 – June 30	M-Th	1:45-4:30 pm
		Freshman	June 4 – June 23	First Day June 4	Practices M-Th
			June 7	Parent Meeting	5:30 pm
WATER POLO Boys	Aaron Avalos	All Teams	Begin June 11 Summer League	M & W M-Fri	8:00 am – 11:00 am TBD
CROSS COUNTRY B&G	Terry Tierney	Parents New Athletes All Teams	Meeting Meeting Begin June 18	May 29 May 31 M-Sat	6:00 pm - PE Classroom-Gym 9:00 am - PE Classroom-Gym 7:00-9:00 am Vintage Park
VOLLEYBALL	Jodi Postlmayr	Freshman Current Students All Teams	Tryouts Tryouts July 5-27 Practice Summer League	June 4, 5, 6 June 4, 5, 6 Mon-Thur M-Th	8:00 am-10:00 am 8:00 am-10:00 am 8:00 am-10:00 am evenings – TBD
TENNIS - Girls	Daniel Moisa	All Teams	Tryouts	July 23-Aug 2	8:30 – 10:30 am
<u>Winter</u>					
BASKETBALL Boys	Bill Burke	Freshman All Teams	Summer Tryouts Practice Summer League	Wed June 6 Mon & Wed Mon & Wed	12:00 – 2:00 pm 12:00 – 2:00 pm 2:00 – 9:00 pm
WRESTLING	Nico Phillips	All Teams		Mon & Wed	5:00-7:00 pm
SOCCER - Boys	Adan Jaime	Freshman	Camp Summer League	June 6, 7, 8 June 6-30 Mon& Wed	1:30 - 3:00 pm TBD
BASKETBALL Girls	Joe Molnar	Freshman All Teams	Summer Tryouts Practice Summer League	Mon June 4 Mon & Wed Tue & Thur	10:00am-12:00pm 10:00am-12:00pm 2:00 – 9:00 pm
SOCCER - Girls	TBD	All Teams	Tryouts	When school begins in the fall	
WATER POLO Girls	Aaron Avalos	All Teams	Begin June 11 Summer League	T & Th M-Fri	8:00 am – 11:00 am TBD
<u>Spring</u>					
BASEBALL	RJ Farrell	All Teams	June 26-July 26	M-Th	10:0 am – 1:00 pm
TRACK B & G	Terry Tierney Dominique Holloway	All Teams	Off Season	Workouts start in fall when school begins	
SWIM & DIVE B & G	Aaron Avalos	All Teams	Off Season	Tryouts: December 2018	
SOFTBALL	Mike Lindensmith	All Teams	Off Season	Tryouts: Sept 11-12, Sept 18-19, 25-26	
GOLF	Nick Baiz	All Teams	Off Season	Tryouts: Nov - Dec 2018	
TENNIS - Boys	Craig Flint	All Teams	Off Season	Tryouts: Nov - Dec 2018	