**BOYS SPORTS OFFERED:**

FOOTBALL – Head Coach Les Goad

CROSS COUNTRY – Head Coach Traci Hightower

BASKETBALL – Head Coach Matt Sandoval

SOCCER – Head Coach Cole Reynolds

BASEBALL – Head Coach James Howard

TRACK – Head Coach Nic Lopez

SWIMMING - Head Coach Lance Clary

TENNIS – Head Coach Jeff Mckinley

GOLF – Head Coach Terrell Johnston

POWERLIFTING – Head Coach Aaron Postert

**BOYS ATHLETIC PERIODS OFFERED TO FRESHMEN:**

FOOTBALL – Practice Starts in August (See Coach Les Goad.)

CROSS COUNTRY – Practice starts before school in August (See Coach Traci Hightower for Start Date and Times.)

BASKETBALL - There is a tryout to stay in the athletic period the 1st week of school (you must have a physical to tryout. See Coach Matt Sandoval.) Regular tryouts start the last Wednesday of October.

SWIMMING – Tryouts are before school in August (See Coach Lance Clary for Date and Times.)

TENNIS – Tryouts are before school starts in August (See Coach Jeff McKinley for Date and Times.)

**BOYS SPORTS THAT ARE AFTERSCHOOL ONLY FOR FRESHMEN:**

SOCCER – Freshmen can be added to the class with a Waiver from the Head Coach (See Coach Cole Reynolds.) Tryouts start the first week of December.

BASEBALL – Tryouts start Last Friday of January (See Coach James Howard.)

TRACK – Starts in January (See Coach Nic Lopez.)

GOLF – See Coach Terrell Johnston

POWERLIFTING – See Coach Aaron Postert

**GIRLS SPORTS OFFERED:**

VOLLEYBALL – Head Coach Ashley Davis

CROSS COUNTRY – Head Coach Traci Hightower

BASKETBALL – Head Coach Danny Preuss

SOCCER – Head Coach Mario Bellver

SOFTBALL – Head Coach Lisa Cone

TRACK – Head Coach Traci Hightower

SWIMMING – Head Coach Lance Clary

TENNIS – Head Coach Jeff McKinley

GOLF – Head Coach Terrell Johnston

POWERLIFTING – Head Coach Aaron Postert

**GIRLS ATHLETIC PERIODS OFFERED TO FRESHMEN:**

VOLLEYBALL – Tryouts Start August 1st (See Coach Ashley Davis.)

CROSS COUNTRY – Practice starts before school in August (See Coach Traci Hightower for Start Date and Times.)

BASKETBALL - There is a tryout to stay in the athletic period the 1st week of school (you must have a physical to tryout. See Coach Danny Preuss.) Regular tryouts start the 2nd to last Wednesday of October.

SWIMMING – Tryouts are before school in August (See Coach Lance Clary for Date and Times.)

TENNIS – Tryouts are before school starts in August (See Coach Jeff McKinley for Date and Times.)

SOCCER – See Coach Mario Bellver for Expectations.) Tryouts Start the 1st Week of December.

**GIRLS SPORTS THAT ARE AFTERSCHOOL ONLY FOR FRESHMEN:**

SOFTBALL - Freshmen can be added to the class with a Waiver from the Head Coach (See Coach Lisa Cone.) Tryouts Start the 3rd Friday in January.

TRACK – Starts in January (See Coach Traci Hightower.)

GOLF – See Coach Terrell Johnston

POWERLIFTING – See Coach Aaron Postert