



Rancho Cucamonga High School

11801 Lark Drive, Rancho Cucamonga, CA 91701 (909) 989-1600 Fax (909) 945-5355

Practice & Tryout Schedules

“Champions in the Making”

April 2015

<i>Fall</i>	<i>Head Coach</i>	<i>Practice Schedule</i>	
FOOTBALL	Nick Baiz	Varsity Only	Mon 6:45-8:30 pm LOHS
		All Players	Tu, We, Th 2:45-4:00 pm Vintage Park Weight Room – Daily class period or after school
WATER POLO	Jeff Jensen	See Swimming practice schedule	
X-COUNTRY B&G	Terry Tierney	See Track Schedule	
VOLLEYBALL	Brandon Blevins	All Teams Tryouts – returning players	M-F 6 th Period class April 30, May 1 2:30-4:30 pm
TENNIS Girls	Harry Wickes	All Teams	M-F 6 th Period class

<i>Winter</i>			
BASKETBALL Boys	Bill Burke	All Teams	M-F 6 th Period class
WRESTLING	Nico Phillips	All Teams	M-F 6 th Period class
SOCCER Boys	Kamran Rahim	All Teams	Off Season
BASKETBALL Girls	Joe Molnar	All Teams Scheduled afternoon & Night practices Details - Charles.Molnar@cjuhsd.net	M-F 6 th Period class Contact Coach for
SOCCER Girls	Chris VanDuin	All Teams	M-F 6 th Period class
WATER POLO Girls	Jeff Jensen	See Swimming practice schedule	

<i>Spring</i>			
BASEBALL	RJ Farrell	Weight Room Practice	Tu & Th 5:00-7:00 pm M-F 1:45-4:30
TRACK	Terry Tierney	Contact Coach for Details - Terry_Tierney@cjuhsd.net	
SWIMMING & DIVING	Jeff Jensen	Swim	M-Th 5:30-7:00 am 1:30-4:00 pm
		Diving	Fri 1:30-3:00 pm M-Th 5:30-7:00 am 3:00-4:00 pm
SOFTBALL	Mike Lindensmith	All Teams	M-F 1:45-4:30 pm
GOLF	John Hall		M-F 1:45-5:00 pm
TENNIS Boys	Harry Wickes	All Teams	M-Th 1:30-4:30 pm