



# Rancho Cucamonga High School

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

## Practice Schedules November 2017

<i>Fall</i>	<i>Head Coach</i>	<i>Practice Schedule</i>		
FOOTBALL	Nick Baiz	Varsity/JV	M, T, Th W	2:45-5:45 pm 6:00-8:30 pm
		JV and Freshman - Follow October schedule until season ends Nov 3. After Nov 3 = Daily class time only		
WATER POLO	Aaron Avalos	All Teams	M-F	6th Period class
X-COUNTRY B&G	Terry Tierney	All Teams	M-F Sat	1:30-4:00 pm 7:00-9:30 am
		Varsity	T, F	6:00-6:45 am
VOLLEYBALL	Jodi Postlmayr	Varsity	M-F	1:30-4:30 pm
		JV & Fr	M-F	6th Period class
TENNIS Girls	Daniel Moisa	Var	M-F	1:30-4:30 pm
		Until CIF playoffs are completed		6th Period class
		JV	M-F	6th Period class

<i>Winter</i>				
BASKETBALL Boys	Bill Burke	<i>Practice Begins Nov 6 for Var &amp; JV, Nov 11 for Fr</i>		
		Varsity	M-F	1:35-4:00 pm
		JV	M-F	2:30-4:00 pm
		Fr	M-F	3:30-5:00 pm
		<i>Saturdays and Thanksgiving Week</i>		
		Varsity	M-F	10:00-12:00 pm
		JV	M-F	10:00-12:00 pm
		Fr	M-F	12:00-12:00 pm
WRESTLING	Nico Phillips	All Teams	M-F	1:30-4:00 pm
SOCCER Boys	Adan Jamie	All Teams	M-F	2:30-4:30 pm
BASKETBALL Girls	Joe Molnar	<i>Practice Begins Nov 6 for Var, Nov 11 for JV &amp; Fr</i>		
		Varsity	M-F	4:30-7:00 pm
		JV	M-F	5:00-7:00 pm
		Fr	M-F	4:00-6:00 pm
		<i>Saturdays and Thanksgiving Week</i>		
		Varsity	M-F	Wilson Tny Games
		JV	M-F	7:00-10:00 am
		Fr	M-F	7:00-10:00 am
SOCCER Girls	Chris VanDuin	All Teams		Practice Daily 6th period class
		All Teams	Nov 1-17	Practice 1:45-4:00 pm
			Nov 20-22	OFF - No Practice
			Nov. 27-30	Games/Practice
WATER POLO Girls	Aaron Avalos	All Teams	M-F	3:00-5:15 pm

<i>Spring</i>				
BASEBALL	RJ Farrell	Study Hall-Weight Room	M, T, Th	3:00-5:00 pm
		Work Outs	M-Th	2:45-4:00 pm
TRACK	Dominique Holloway	All athletes		Practice Daily 6 <sup>th</sup> period class
			M-F	2:30-4:00 pm
SWIMMING	TBD			Tryouts: 1 <sup>st</sup> week of December 2017
SOFTBALL	Mike Lindensmith	All Teams	M-Th F	6 <sup>th</sup> Period class Study Hall
GOLF	Nick Baiz			Tryouts: 1 <sup>st</sup> week of December 2017 Contact Coach for Details
TENNIS Boys	Craig Flint			Practice Daily 6 <sup>th</sup> period class Tryouts: 1 <sup>st</sup> week of December 2017 Contact Coach for Details