



Rancho Cucamonga High School

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

Practice Schedules April 2018

<i>Fall</i>	<i>Head Coach</i>	<i>Practice Schedule</i>		
FOOTBALL	TBA	All Teams	M-F	Class time only
WATER POLO	Aaron Avalos	All Teams	M-F	6th Period class
X-COUNTRY B&G	Terry Tierney	All Teams	M-F	See Track schedule
VOLLEYBALL	Jodi Postlmayr	All Teams	M-F	6th Period class
TENNIS Girls	Daniel Moisa	All Teams	M-F	6th Period class

<i>Winter</i>				
BASKETBALL Boys	Bill Burke	All Teams	M-F	6th Period class
WRESTLING	Nico Phillips	All Teams	M-F	6th Period class
SOCCER Boys	Adan Jamie	All Teams	M-F	6th Period class
BASKETBALL Girls	Joe Molnar	All Teams	M-F	6th Period class
SOCCER Girls	Chris VanDuin	All Teams	M-F	6th Period class
WATER POLO Girls	Aaron Avalos	All Teams	M-F	6th Period class

<i>Spring</i>				
BASEBALL	RJ Farrell	Study Hall-Weight Room	M, T,Th	5:00-6:00 pm
		Work Outs	M-F	2:45-4:30 pm
TRACK	Dominique Holloway	All athletes	Practice Daily	6 th period class
		Sprinters	Mon	6:00-8:00 pm
SWIMMING	Aaron Avalos	All Teams	T-F	2:30-4:00 pm
			M-F	3:00-5:00 pm
SOFTBALL	Mike Lindensmith	All Teams	M-Th F	1:30-4:00 pm 2:00-3:30 pm
GOLF	Nick Baiz		M-Th	1:30-5:30
TENNIS Boys	Craig Flint	All Teams	Practice Daily	6 th period class
			M-F	2:30-4:30 pm