



Rancho Cucamonga High School

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Practice Schedules August 2017

“Champions in the Making”

<i>Fall</i>	<i>Head Coach</i>	<i>Practice Schedule</i>		
FOOTBALL	Nick Baiz	Varsity/JV	M, T, Th	2:45-5:45 pm
			W	6:00-8:30 pm
WATER POLO	Bosko Dimic	Freshman	M, T, W, F	1:30 - 4:30 pm
		Varsity	M-F	1:30-4:30 pm
		JV	M-F	1:30-4:00 pm
X-COUNTRY B&G	Terry Tierney	Fr	M-F	1:30-4:00 pm
		All Teams	M-F	1:30-4:00 pm
		Varsity	T, F	6:00-6:45 am
VOLLEYBALL	Jodi Postlmayr		Sat	7:00-9:30 am
		Varsity	M-F	1:30-4:30 pm
		JV	M-F	1:30-4:30 pm
TENNIS Girls	Daniel Moisa	Freshman	M-F	1:30-4:30 pm
		All Teams	M-F	1:30-4:30 pm

<i>Winter</i>				
BASKETBALL Boys	Bill Burke	All Teams	M-F	6 th Period class
			Selected dates	5:00-9:00 pm
WRESTLING	Nico Phillips	All Teams	M-F	Contact coach for dates 6 th Period class
SOCCER Boys	Adan Jamie	Tryouts		
		Returning Players	Aug 28-30	1:30-3:00 pm
		New Players	Sept 5-8	2:45-4:45 pm
BASKETBALL Girls	Joe Molnar	All Teams	M-F	6 th Period class
SOCCER Girls	Chris VanDuin	All Teams		Tryouts August 14, 15, 16 Practice Daily 6 th period class
WATER POLO Girls	Bosko Dimic	All Teams	M-F	1:30-4:30 pm
		Tryouts	Oct 26, 27	4:00-6:00 pm

<i>Spring</i>				
BASEBALL	RJ Farrell	Tryout registration	Aug 26	After school
		Tryouts-Fall	Aug 30,31 Sep 1	2:45 – 5:00 pm
		Returning players		
		Study Hall-Weight Room	T,Th	5:00-7:00 pm
		Work Outs	M-Th	2:45-4:00 pm
TRACK	Dominique Holloway	Beginning Aug 21		Practice Daily 6 th period class
		All athletes	M-F	2:30-4:00 pm
SWIMMING	Bosko Dimic		Tryouts: 1 st week of December 2016	Contact Coach for Details
SOFTBALL	Mike Lindensmith	All Teams	M-Th	6 th Period class
			F	Study Hall
		Tryouts in September	Dates TBD	
GOLF	Nick Baiz		Tryouts: 1 st week of December 2017	Contact Coach for Details
TENNIS Boys	Craig Flint		Practice Daily 6 th period class	
			Tryouts: 1 st week of December 2017	Contact Coach for Details