



Rancho Cucamonga High School

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Practice Schedules January 2018

<i>Fall</i>	<i>Head Coach</i>	<i>Practice Schedule</i>		
FOOTBALL	Nick Baiz	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	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</i>				
		Varsity		10:00-12:00 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	Varsity
JV	M-F	5:00-7:00 pm				
Fr	M-F	4:00-6:00 pm				
<i>Saturdays</i>						
Varsity		7:00-10:00 am				
SOCCER Girls	Chris VanDuin	All Teams		7:00-10:00 am		
		JV		7:00-10:00 am		
		Fr		7:00-10:00 am		
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	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
SWIMMING	Aaron Avalos	Tryouts: January 22		
		All Teams	M-F	3:00-5:00 pm
SOFTBALL	Mike Lindensmith	All Teams	M-Th	1:30-4:00 pm
			F	2:00-3:30 pm
GOLF	Nick Baiz		M&W	1:30-5:30
TENNIS Boys	Craig Flint	All Teams	Practice Daily	6 th period class
			M-F	2:30-4:30 pm