



Rancho Cucamonga High School

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

Practice Schedules October 2017

<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	Sat	7:00-9:30 am
VOLLEYBALL	Jodi Postlmayr		T, F	6:00-6:45 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 M & W	6 th Period class 5:00-9:00 pm
WRESTLING	Nico Phillips	All Teams	M-F	6 th Period class
SOCCER Boys	Adan Jamie	All Teams	M-F	6 th Period class
BASKETBALL Girls	Joe Molnar	All Teams	M-F T & Th	6 th Period class 5:00-9:00 pm
SOCCER Girls	Chris VanDuin	All Teams	M-F	6 th Period class
WATER POLO Girls	TBD	All Teams	M-F	1:30-4:30 pm
		Tryouts	Oct 18,20	3:00-4:30 pm

<i>Spring</i>				
BASEBALL	RJ Farrell	Study Hall-Weight Room	T,Th	5:00-7:00 pm
		Work Outs	M-Th	2:45-4:00 pm
TRACK	Dominique Holloway	All athletes	Practice Daily	6 th period class
SWIMMING	TBD		M-F	2:30-4:00 pm
SOFTBALL	Mike Lindensmith	All Teams	Tryouts: 1 st week of December 2017	
GOLF	Nick Baiz	M-Th	6 th Period class	
		F	Study Hall	
TENNIS Boys	Craig Flint		Tryouts: 1 st week of December 2017	Contact Coach for Details
			Practice Daily	6 th period class
			Tryouts: 1 st week of December 2017	Contact Coach for Details