



# Rancho Cucamonga High School

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## Practice Schedules December 2017

<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	
		JV		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	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</i>			
		Varsity		7:00-10:00 am	
		JV		7:00-10:00 am	
SOCCER Girls	Chris VanDuin	All Teams		1:45-4:00 pm	
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
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	<b>Tryouts: Dec 11, 12, 13</b> All Teams		<b>2:30-4:30pm</b> Practice Daily 6 <sup>th</sup> period class