



# Sunny Hills High School - Summer Athletic Schedule 2024

**Athletic Clearance:** All athletes must be cleared to participate. Register for an account on [athleticclearance.com](http://athleticclearance.com) and download the Physical Examination Form. Once the form is completed by a licensed physician, upload to [athleticclearance.com](http://athleticclearance.com)

**Dead Period Monday July 15 - July 28, 2024**

## Men's Sports

Camp	Session Dates	Details	Suggested Donation	Contact Information
Baseball	<b>Prospect Camp</b> June 10-13 <b>Youth Camp</b> June 17-20 <b>Returners Camp</b> TBA	Prospect Camp: June 10 - 13 from 1:00 p.m. - 3 p.m. - (Incoming Fr and new players to the program) Youth Camp: June 17 - 20 from 9 a.m. - 11 a.m.. Age 5 - 13 Returners Camp: Dates TBA	Prospect Camp \$200 Youth Camp \$135 Returners \$150	Chris Vogt <a href="mailto:cvogt@fjuhsd.org">cvogt@fjuhsd.org</a>
Boys Basketball	June 3 - July 14	Tryouts (Current SH Students): Monday, May 20 Tryouts (Incoming Freshmen): Saturday, June 1st at 10:00 a.m.	Varsity: \$300 JV/Soph: \$250 Frosh: \$300	Joe Ok <a href="mailto:jok@fjuhsd.org">jok@fjuhsd.org</a> 714-626-4319
Boys Cross Country/Track & Field	June 10 - July 12	Anyone who participates in Cross Country will automatically make the Track & Field team. Tryouts for Cross Country are in August. Tryouts for Track & Field are in December. Summer practices will be held on-campus unless otherwise noted. Practice times TBD. Contact Coach Holloway to sign up for weekly emails.	\$300	Jacob Holloway <a href="mailto:jholloway@fjuhsd.org">jholloway@fjuhsd.org</a> 714-510-2896
Football	June 6 - July 14	Football Camp Saturday January 27th Freshmen Summer Camp: Monday - Thursday 3 - 6 p.m. Varsity Summer Camp: Monday - Thursday 2 - 5 p.m.	\$600	Fred Gambrell <a href="mailto:FGambrell@fjuhsd.org">FGambrell@fjuhsd.org</a> 714-626-4273
Boys Golf	June 18, 20, 25, 27 July 2, 3	Tryouts will be on Wednesday, June 12th at Westridge Golf Course at 4 p.m. Meet at lower level of the range. Camp will consist of 1 range day and one 9-hole round per week. Practices and rounds will be held at different local courses such as: Birch Hills, Brea Creek, Fullerton, or La Mirada.	\$350	Scott Enrico <a href="mailto:senrico@fjuhsd.org">senrico@fjuhsd.org</a> 714-626-4297
Boys Soccer	June 17 - July 12	Summer camp and tournament is an expectation for all returning players and an excellent way for incoming freshmen and transfer students to be introduced to Lancer Men's Soccer. Summer soccer serves as our first tryouts. Our camp & tournament games are in the afternoon from June 19 - July 12. Don't miss out!! Go Lancer Soccer!! *We will not meet every day* Usually 2-3 days a week	\$200	Jordan Brinkley <a href="mailto:JBrinkley@fjuhsd.org">JBrinkley@fjuhsd.org</a> 714-626-4361
Boys Tennis	June 10-13	Monday - Thursday 1:30 - 3:30 p.m. Camp will consist of drills and practice matches/tournaments between all tennis camp players. Tryouts will be in late October. Great tennis experience for all Varsity, JV, and incoming tennis players.	\$100	Christopher Ghareebo <a href="mailto:cghareebo@fjuhsd.org">cghareebo@fjuhsd.org</a> 714-788-2863
Boys Volleyball	July 29 - Aug 9	Tryouts will be included at the end of the summer camp. The tryout will be held on the last 2 days – August 8th and 9th. Rosters will be posted the following day on August 10th on our Sunny Hills athletics website and social media. Camp may include a Varsity tournament off-site (TBD). Student athletes who make the team will be enrolled in off-season boys volleyball. <b>Summer Camp time frames:</b> Incoming 9th graders: 10 a.m. - 12 p.m. Returners: 12 - 2 p.m. Returners Weight Room: 2 - 3 p.m.	\$250	Albert Soliguen <a href="mailto:asoliguen@fjuhsd.org">asoliguen@fjuhsd.org</a> 714-552-3608
CoEd Swimming	June 3 - July 12	Swimming Skills, Stroke Instruction, and conditioning. Monday - Thursday 2 - 3 p.m. (This is our tryout camp for placement into 6th period Aquatics in the Fall)	\$250	Sergio Dorrego <a href="mailto:sdorrego@fjuhsd.org">sdorrego@fjuhsd.org</a> 714-626-4280
Boys Water Polo	June 3 - July 12	Practice Water Polo skills, strategy, and competition. Practices Monday, Tuesday, and Thursday 2 - 5 p.m. (includes dryland training) Games will be on Wednesday afternoons and Saturdays (subject to change).	\$350	Sergio Dorrego <a href="mailto:sdorrego@fjuhsd.org">sdorrego@fjuhsd.org</a> 714-626-4280
Boys Wrestling	<u>Summer Camp</u> June 17-July 12 <u>Summer Practice</u> July 29-August 9	<b>Summer Camp</b> will be from June 17 to July 12 (Monday-Thursday - 6-8PM) <b>Dead Period</b> (No Practice) will be from July 15-28 <b>Summer Practice</b> will be from July 29 to August 9 (Monday-Thursday - 6-8PM)	\$300	Matthew Acosta <a href="mailto:macosta@fjuhsd.org">macosta@fjuhsd.org</a> 714-626-4248

## Women's Sports

Camp	Session Dates	Details	Suggested Donation	Contact Information
Girls Basketball	June 3 - July 14	Incoming Frosh OPEN practice on Saturday June 1, 2023 @ 9:00am. Incoming Frosh players will get the summer to improve and work on their basketball skills. Games + Practices throughout the summer.	Varsity: \$300 JV: \$250 Frosh: \$300	Jae Byun <a href="mailto:jbyun@fjuhsd.org">jbyun@fjuhsd.org</a>
Cheer	June 1st - August 9th	Incoming Frosh and Transfers tryout clinics June 4th and 5th 10:00 AM - 12:00 PM, Tryouts June 6th 10:00 AM Current SH students: Tryouts Clinics March 11th- March 13th Tryouts March 14th at 4PM Summer Camp July 9th - 12th at Knotts Berry Farm	Camp \$400	Patrice France <a href="mailto:pfrance@fjuhsd.org">pfrance@fjuhsd.org</a>
Girls Cross Country/Track & Field	June 10 - July 12	Anyone who participates in Cross Country will automatically make the Track & Field team. Tryouts for Cross Country are in August. Tryouts for Track & Field are in December. Summer practices will be held on-campus unless otherwise noted. Practice times TBD. Contact Coach Holloway to sign up for weekly emails.	\$300	Jacob Holloway <a href="mailto:jholloway@fjuhsd.org">jholloway@fjuhsd.org</a> 714-510-2896
Girls Golf	June 18, 20, 25, 27 July 2, 3	Tryouts will be on Wednesday, June 12th at Westridge Golf Course at 4 p.m. Meet at lower level of the range. Camp will consist of 1 range day and one 9-hole round per week. Practices and rounds will be held at different local courses such as: Birch Hills, Brea Creek, Fullerton, or La Mirada.	\$350	Scott Enrico <a href="mailto:senrico@fjuhsd.org">senrico@fjuhsd.org</a> 714-626-4297
Dance Production	July 29-31	DP Auditions May 20-22, 2024 Camp location - Palm Springs July 29-31, 2024. Must have athletic clearance to participate in summer camp Dance 1, 2, 3 - No summer practices/camp (Auditions May 23-24, 2024)	\$400	Leiana Volen <a href="mailto:lvolen@fjuhsd.org">lvolen@fjuhsd.org</a>
Girls Soccer	<b>Prospect Camp</b> June 3-7 <b>Youth Camp</b> June TBD <b>Summer Camp</b> 6-28	2024 Girls Summer Soccer will be held in June only. Tentative dates are June 3-7, 11,13, 14, 18,19, 21, 25, 28. Times 2 - 5 p.m. at the SHHS Field. Games will be played TBA.	\$200	AJ Arenas <a href="mailto:anarenas@fjuhsd.org">anarenas@fjuhsd.org</a>
Softball	June 3-5	Summer Tryouts for new and returning softball student athletes 3 - 5pm Summer tryouts consist of fielding, hitting, and scrimmaging. Another tryout will be held during the beginning of the school year.	\$150	Dale Lopes <a href="mailto:DLopes@fjuhsd.org">DLopes@fjuhsd.org</a>
Girls Tennis	June 3-6	Monday - Thursday 1:30 - 3:30 p.m. Camp will consist of drills and practice matches/tournaments between all tennis camp players. Great tennis experience for all Varsity, JV, and incoming tennis players. 1st Tryouts will be on June 6th Make-up tryouts will be held 1st week of school	\$100	Christopher Ghareebo <a href="mailto:cghareebo@fjuhsd.org">cghareebo@fjuhsd.org</a> 714-788-2863
Girls Volleyball	June 3 - 14	Summer Camp: June 3 - 12 (no Sat/Sun) Returners 2 - 4 p.m. Newcomers 4 - 6 p.m. Tryouts for all June 13 - 14 from 3 - 5 p.m. Team practices will begin July 29th (any practices before then TBD)	\$200	Amanda Donaldson <a href="mailto:adonaldson@fjuhsd.org">adonaldson@fjuhsd.org</a> 714-448-7893
Girls Water Polo	June 3 - July 12	Practice Water Polo skills, strategy, and competition. Practices: Monday, Tuesday, and Thursday from 2 - 5 p.m. (includes dryland training) Games will be on Wednesday afternoons and Saturdays (subject to change).	\$350	Keith Nighswonger <a href="mailto:knighswonger@fjuhsd.org">knighswonger@fjuhsd.org</a> 714-626-4280
Girls Wrestling	<u>Summer Camp</u> June 17-July 12 <u>Summer Practice</u> July 29-August 9	<b>Summer Camp</b> will be from June 17 to July 12 (Monday-Thursday - 6-8PM) <b>Dead Period</b> (No Practice) will be from July 15-28 <b>Summer Practice</b> will be from July 29 to August 9 (Monday-Thursday - 6-8PM)	\$300	Matthew Acosta <a href="mailto:macosta@fjuhsd.org">macosta@fjuhsd.org</a> 714-626-4248

If you have questions about a camp, please contact the coach listed  
**Athletic Director:** Paul Jones [pjones@fjuhsd.org](mailto:pjones@fjuhsd.org)