



Sunny Hills High School - Summer Athletic Schedule 2025

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

Dead Period Monday, July 14 - July 27, 2025

Athletic Director: Paul Jones pjones@fjuhsd.org

Men's Sports

If you have questions about a camp, please contact the coach listed.

| Camp | Session Dates | Details | Suggested Donation | Contact Information |
|--------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------|
| Baseball | June 9 - 12 | Prospect Camp: June 9 - 12 from 1 p.m. - 3 p.m. - (Incoming Fr and new players to the program) Youth Camp: June 9 - 12 from 9 a.m. - 11 a.m. Age 5 - 13 | Prospect Camp \$200 Youth Camp \$150 | Dylan Kuhn dkuhn@fjuhsd.org |
| Boys Basketball | June 2 - July 13 | Tryouts (Current SH Students): Monday, May 19th Tryouts (Incoming Freshmen): Saturday, May 31st at 10 a.m. | All Levels: \$300 | Joe Ok jok@fjuhsd.org 714-626-4319 |
| Boys Cross Country | <u>Returners:</u> June 23 - July 11 <u>Incoming & Returners:</u> July 28 - Aug 8 | Summer practices will begin at the SH Track unless otherwise noted. Contact Coach Batchelor to be added to the email list for updates. Monday, Wednesday, Friday 4:30 p.m. - 6:30 p.m. Tuesday, Thursday 8:30 a.m. - 10:30 a.m. Cross Country tryouts will be held on Friday, August 7th at the SH Track. | \$150 | Hannah Batchelor hbatchelor@fjuhsd.org |
| Football | June 9 - July 11 | Freshmen Summer Camp: Monday - Thursday 3 p.m. - 6 p.m. Varsity/JV Summer Camp: Monday - Thursday 2 p.m. - 6 p.m. | \$600 | Fred Gambrell fgambrell@fjuhsd.org 714-626-4273 |
| Boys Golf | June 17, 19, 24, 26 July 1, 3 | Tryouts will be on Wednesday, June 4th at Westridge Golf Course at 4 p.m. Meet at the lower level of the range. Camp will consist of two 9-hole rounds per week. Rounds will be held at either Birch Hills Golf Course, Brea Creek Golf Course, or La Mirada Golf Course. | \$380 | Scott Enrico senrico@fjuhsd.org |
| Boys Soccer | June 12 - July 3 | Summer camp and games are expected of all returning players. Summer soccer serves as our first tryouts. Our camp & games are in the afternoon between June 12- July 3 Don't miss out!! Go Lancer Soccer!! *We will not meet every day* Usually 2-4 days a week | \$200 | Jordan Brinkley jbrinkley@fjuhsd.org 714-626-4361 |
| Boys Tennis | June 9 - 12 | Monday - Thursday 1:30 p.m. - 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. *** Boys Tennis Tryouts will be in late October *** | \$200 | Christopher Ghareebo cghareebo@fjuhsd.org 714-788-2863 |
| Boys Track & Field | July 28 - Aug 7 | Summer practices tentatively scheduled for Monday - Thursday 9:30 a.m. - 11a.m. Tryouts will take place on August 7th at 9:30 am. Practices will consist of stretching, drills, running, & weight room. Tryout details will be available in July. Open to returners & newcomers. | TBD | Jake Holloway jholloway@fjuhsd.org 714-510-2896 |
| Boys Volleyball | July 28 - Aug 1st | Summer camp will serve as a week long tryout with a secondary tryout in Spring to determine teams. Rosters will be posted August 2nd on the Sunny Hills athletics website & social media. Camp may include a Varsity tournament off-site (TBD). Students who make the team will be enrolled in 6th period boys volleyball. Summer Camp time frames: Incoming 9th graders: 10 a.m. - 12 p.m. / Returners: 12 p.m. - 2 p.m. | \$250 | Albert Soliguen asoliguen@fjuhsd.org 714-552-3608 |
| CoEd Swimming | June 2 - July 11 | Swimming Skills, Stroke Instruction, and Conditioning. Monday - Thursday 2 p.m. - 3 p.m. (This is our tryout camp for placement into 6th period Aquatics in the Fall) | \$150 | Sergio Dorrego sdorrego@fjuhsd.org |
| Boys Water Polo | <u>Summer Program</u> June 9 - July 11 <u>Preseason</u> July 28 - August 8 | <u>Summer Practice:</u> Monday - Thursday 2:00-5:15 PM (includes dryland training). Summer games TBD. <u>Preseason Practice:</u> Monday - Friday 2:00-4:30 PM Dryland training requires appropriate clothing and closed toed shoes. Athletes must be able to swim 200 yards (8 laps) uninterrupted in order to participate. Participation in the summer program is required for placement on a team in the Fall. Exact summer schedule will be posted on sunnyhillsaquatics.org in the Spring. | \$250 | Jordan Jaime jjaime@fjuhsd.org |
| Boys Wrestling | <u>Summer Camp</u> June 9 - July 10 <u>Summer Practice</u> July 28 - August 7 | <u>Summer Camp & Summer Practice</u> will be Monday-Thursday, No Practice on Friday <u>Weight Room</u> - 4:45PM-5:45PM, <u>Wrestling Practice</u> - 6PM-8PM *Bring running shoes for weight room and wrestling shoes for practice - cannot use one pair of shoes for both* | \$300 | Matthew Acosta macosta@fjuhsd.org 714-626-4248 |

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| Girls Basketball | June 2 - July 10 | Incoming FROSH OPEN Practice on Saturday May 31st @ 9 a.m. in GYM All Participants will be allowed to go through the summer program. Games and practices Monday - Friday. 1-2 Weekend Tournaments. | \$300 | Jae Byun jbyun@fjuhsd.org |
| Cheer | June 1 - August 9 | Tryout March 31st - April 3rd. Summer Camp July 8th - 11th The Knotts Hotel | Camp \$400 | Patrice France pfrance@fjuhsd.org |
| Girls Cross Country | Returners: June 23 - July 11 Incoming & Returners: July 28 - Aug 8 | Summer practices will be held at the SH track unless otherwise noted. Contact Coach Batchelor to be added to the email list for updates. Monday, Wednesday, Friday 4:30 p.m. - 6:30 p.m. Tuesday, Thursday 8:30 a.m. - 10:30 a.m. Cross Country tryouts will be held on Friday, August 7th at the SH Track. | \$150 | Hannah Batchelor hbatchelor@fjuhsd.org |
| Girls Flag Football | New comers June ,24,25,26 July 1,2,3 Returners June ,20,23,27,30 July, 7 | New comers camp: This will be a basic skills camp, teaching the rules and basics of flag football. No prior experience in football is required. Tryouts: July 10 and 11 Returners: This will be shaking the rust off period. Conditioning, positional work, learning of plays and schemes. Contact Coach Nelson with any further questions! | \$200 | Troy Nelson tnelson@fjuhsd.org |
| Girls Golf | June 17, 19, 24, 26. July 1, 3 | Tryouts will be on Wednesday, June 4th at Westridge Golf Course at 4 p.m. Meet at the lower level of the range. Camp will consist of two 9-hole rounds per week. Rounds will be held at either Birch Hills Golf Course, Brea Creek Golf Course, or La Mirada Golf Course. | \$380 | Scott Enrico senrico@fjuhsd.org |
| Dance Production | July 28 - 30 | Dance Production Auditions May 19 - 21, 2025 On Camp location - Palm Springs July 28 - 30, 2025. Must have athletic clearance to participate in summer camp. Dance 1, 2, 3 - No summer practices/camp (Auditions May 22 - 23, 2025) | \$400 | Leiana Volen lvolen@fjuhsd.org |
| Girls Soccer | Prospect Camp June 16 Youth Camp July 7-10 Summer Camp June 17 - July 2nd | 2025 Girls Summer Soccer will be held in June and first week of July. Prospect Camp - June 16th. Summer Camp Dates are June 17 - July 2nd. Times 3 p.m. - 5 p.m. at the SHHS Field. Games will be played TBA. Youth Camp will be collaborative w/Boys Program | \$200 | William Allgeier wallgeier@fjuhsd.org |
| Softball | June 2 - 5 | Prospect Camp: June 2 - 5 from 2:30 p.m. - 4:30 p.m. (Incoming Freshman and new players to the program) | \$100 | Rodney Engel rengel@fjuhsd.org |
| Girls Tennis | June 2 - 6 | Monday - Friday 1:30 p.m. - 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. *** Girls Tennis Tryouts will be on June 6th *** | \$200 | Christopher Ghareebo cghareebo@fjuhsd.org 714-788-2863 |
| Girls Track & Field | July 28 - Aug 7 | Summer practices tentatively scheduled for Monday - Thursday 9:30 a.m. - 11a.m. Tryouts will take place on August 7th at 9:30 am. Practices will consist of stretching, drills, running, & weight room. Tryout details will be available in July. Open to returners & newcomers. | TBD | Jake Holloway jholloway@fjuhsd.org 714-510-2896 |
| Girls Volleyball | June 2-13 | Summer Camp & Tryouts: June 2 - 13 Specific dates & times TBA Team practices will begin end of July | \$150 | Amanda Donaldson adonaldson@fjuhsd.org 714-448-7893 |
| Girls Water Polo | June 2 - July 11 | Practice Water Polo skills, strategy, and competition. Practices: Monday, Tuesday, and Thursday from 2 p.m. - 5 p.m. (includes dryland training). Games will be on Wednesday afternoons and Saturdays (subject to change). | \$250 | Keith Nighswonger knighswonger@fjuhsd.org 714-626-4280 |
| Girls Wrestling | Summer Camp June 9 - July 10 Summer Practice July 28 - August 7 | Summer Camp & Summer Practice - Monday-Thursday, No Practice on Friday Weight Room - 4:45PM-5:45PM, Wrestling Practice - 6PM-8PM *Bring running shoes for weight room and wrestling shoes for practice - cannot use one pair of shoes for both* | \$300 | Matthew Acosta macosta@fjuhsd.org 714-626-4248 |