



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 8th 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. B 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. (7/28-7/30) / Returners: 12:15 p.m. - 2:15 p.m. (7/28-7/30) / ALL PLAYERS 12:30-3:00 p.m. (7/31-8/1)	\$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>Wrestling Practice</u> - 5:00PM-7:00PM, <u>Optional Weight Room</u> - 7:00PM-8:00PM *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

Camp	Session Dates	Details	Suggested Donation	Contact Information
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 8th 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 will be Monday-Thursday, No Practice on Friday Wrestling Practice - 5:00PM-7:00PM, Optional Weight Room - 7:00PM-8:00PM *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

