

FREE SPORTS PHYSICAL AND CLEARANCE DATE July 25th You must make an appointment. Email your time preference to mroan.ehs@wscuhsd.k12.ca.us and we will do our best to fulfill your request. Bring your completed sports packets to the office on this day to be cleared for the start of fall practice.

MANDATORY CONCUSSION WORKSHOP/POSITIVE COACHING ALLIANCE WORKSHOP TBA. El Molino Gym. North Coast Concussion Management will be making a presentation to athletes and student-athletes. All athletes must attend this session. In addition, we will be working with Positive Coaching Alliance this year on a presentation for all of our athletes. Time and date will be announced.

OFFICIAL START OF FALL PRACTICE: August 7th Football. All other fall sports August 14th. Contact individual coaches for practice times and locations.

FOOTBALL

Summer Weights and Conditioning M/W 4-6 PM, T/TH 5-7. Starts June 12th ends July 28th. Passing League at El Molino Mondays and Wednesdays 6-8 PM June 12th-July 19th
Varsity Coach Randy Parmeter 975-6768 randyparmeter@yahoo.com
Frosh/JV Coach Jerod Brown 217-9434 jerodbrown62@gmail.com

CROSS COUNTRY

XC Meeting June 3rd 4:00 PM. Contact Coach Govi for details.
Head Coach Richard Govi 571-9918 elmorunner1@gmail.com

GIRLS SOCCER

Weight Training Tuesday and Thursday 4-5 Starts June 12th ends July 28th
Open Field Tuesdays 5-6 and Sundays 6-8
Girls Coach Emily Farrant 346-7700 emilyafarrant@gmail.com

BOYS SOCCER

Open Field and workouts TBD
Head Coach Dave Rosales 695-1540 racerdave36@comcast.net

VOLLEYBALL

Weight Training and Open Gym Tuesday and Thursday 4-7. June 12th-July 14th
Volleyball Camp at El Molino August 7th-10th. Contact Coach Sani for details.
Head Coach Becky Sani 695-3390 bsani@earthlink.net

BOYS BASKETBALL

SRJC Basketball League All Levels. Tuesdays/Thursdays times TBA. Starts June 20th-July 27th.
Open Gym at El Molino Sunday 5-7 PM. Now through July 16th.
Head Coach Jesse Heiny 799-2972 hesseheiny@gmail.com
Frosh/JV Coach Branon Zapp 490-4973 branon@zappandsonsplumbing.com

GIRLS BASKETBALL

SRJC Basketball League All Levels. Mondays and Wednesday times TBA. June 19th-July 26th
Open Gym at El Molino Sunday 2-4 PM. Now through July 16th
Head Coach Keith Nordby 508-7364 nordbykeith@gmail.com

CHEER

Tuesday/Thursday 12-2 PM Dance Room. Wednesday 9-11 AM Football Field. June 20th-Beginning of the school year.
Cheer Coach Jessica Romero-Walsh 742-0383 elmolinocheer@yahoo.com.

ALL OTHER ATHLETES AND TEAMS ARE ENCOURAGED AND WELCOME TO ATTEND ANY AND ALL OF OUR TRAINING SESSIONS!

If you have any questions about the information above please contact the head coaches for the respective sports.

LION PRIDE!!