

CITRUS VALLEY HIGH SCHOOL
2017 Summer Athletic Programs

******* NO CURRENT 8TH GRADER MAY PARTICIPATE IN HIGH SCHOOL SPRING PRACTICES OR SUMMER PROGRAMS OR HAVE CONTACT WITH A HIGH SCHOOL COACH UNTIL THE END OF THEIR 8TH GRADE YEAR.*******

*******All students must have a CVHS Athletic Clearance-Participation Packet (Sports Packet), including physical exam, completed and turned in to the CVHS Athletic Office prior to workouts / tryouts in their sport. Download and print the CVHS Athletic Clearance-Participation Packet at our CVHS school website under Athletics*******

Check our school's website - <http://cvhs.redlandsusd.net> - and the Athletics Tab for updates

FALL SPORTS	SUMMER DEAD PERIOD	SUMMER WORKOUTS
Football: Coach: Pete Smolin Peter_Smolin@redlands.k12.ca.us 909-799-2320	June 12 – July 4th weight room only More info at: citrusvalleyfootball.com citrusvalleyfootball.teamapp.com	Varsity Practice 7/5to 8/8 Mon-Th. 3:30-7:30 Freshmen Parents meeting: 6/8 at 6:30pm in Staff Lounge Frosh Practice 7/5 to 8/8 Mon-Th. 4:15-7:45
Boys & Girls Cross Country: Coach: Sebastian Puraci sebastian_puraci@redlands.k12.ca.us	June 18 – July 9 Contact Coach Puraci for further info Sebastian_puraci@redlands.k12.ca.us	Summer Workouts: 6am on 6/12& 6/13 @CV 6/14& 6/15 @Aurantia; 6/16& 6/17 @Prospect 7/10 to 8/9 @ various sites
Girls Volleyball: Coach: Tina Raddish Tina_raddish.rvvc@verizon.net	June 14 – July 4 More info on Team Page on School Website	Freshmen Tryouts: 6/9, 6/10 & 6/12 – 8:00am to 11:00am Parent Meeting 6/13 – 6:00pm to 9:00pm
Boys Water Polo: Coach: Steve Plumb Steve_Plumb@redlands.k12.ca.us	July 18 – August 7	Tryouts/Workouts: Begin Tuesday, Aug. 8th from 3:00-5:30pm Summer Session : June 12 th – July 17th
Girls Tennis: Coach: Boyd_Lium@redlands.k12.ca.us	June 11 – July 1	Tryouts/Workouts: Workouts will begin the first day of school, August 9
Girls Golf: Coach: Pat Paramo Patrick_paramo@cry-rop.org	June 11 – July 1 More info on Team Page on School Website	Tryouts/Workouts: Workouts will begin the first day of school, August 9
WINTER SPORTS	SUMMER DEAD PERIOD	SUMMER WORKOUTS
Boys Basketball: Coach: Yon Okorodudu yon_okorodudu@redlands.k12.ca.us	July 15 – August 4 More info & complete schedule on Team Page on School Website	Freshmen Tryouts: 6/9 from 12:00 – 2:00 All other practice times listed on Team Page on School Website
Girls Basketball: Coach: Keisha Mackall keshmackall@gmail.com	July 19 – August 8	Contact Coach Keisha for info on the Aquinas Summer League and practice times.
Girls Soccer: Coach: Norma Mendez normamendez10@yahoo.com	June 24 – July 14 More info on Team Page on School Website	Summer Camp: June 12-16 from 1:30-3:30pm Summer Tournament: June 19-23 time TBD
Boys Soccer: Coach: Lee Hartley cvhs.soccercoach@hotmail.com	June 11 – July 1 More info on Team Page on School Website	Workouts will start when school is back in session
Girls Water Polo: Coach: Danielle Hall danielle_hall@redlands.k12.ca.us	July 19 – Aug 8 More info at: citrusvalleyaquatics.com	Summer workouts through Redlands Renegades Water Polo Club. All players are encouraged to join at: renegadeswaterpolo.com
Wrestling: Coach: Brent Williams brent_williams@redlands.k12.ca.us	July 19 – August 8 More info on Team Page on School Website	Workouts will start when school is back in session
SPRING SPORTS	SUMMER DEAD PERIOD	SUMMER WORKOUTS
Baseball: Coach: Daren Espinoza daren_espinoza@redlands.k12.ca.us	June 12 – July 2	Workouts will start when school is back in session
Softball: Coach: April Finazzo april_finazzo@redlands.k12.ca.us	June 12 – July 2 More info on Team Page on School Website	Workouts will start when school is back in session
Boys and Girls Swimming: Coach: Jesse O'Donnell Jesse_ODonnell@redlands.k12.ca.us	June 12 – July 2 More info at: citrusvalleyaquatics.com	Workouts will start when school is back in session
Boys Tennis: Coach: Alyssa Libao alessandralibao@gmail.com	June 12 – July 2 More info on Team Page on School Website	Workouts will start when school is back in session
Boys Golf: Coach: Craig Phillips craig_phillips@redlands.k12.ca.us	July 3 – July 23 maxpreps.com/high-schools/citrus-valley-blackhawks-(redlands.ca)/golf-spring/home.htm	Summer tournaments through Shandin Hills Golf Course
Track and Field: Coach: Carlton Austin and Sebi Puraci Sebastian_puraci@redlands.k12.ca.us	June 18 – July 9	Workouts will start when school is back in session

If you have questions please contact CV Athletic Department Office at (909) 799-2300 x34111 or boyd_lium@redlands.k12.ca.us
Boyd Lium, Athletic Director