



**Parents of current and incoming LCHS Student-Athletes,**

Next year, the LIONS are moving-up from the Big Sky League into the Ambassador League to face Aquinas, Ontario Christian, Western Christian, Loma Linda Academy, Arrowhead Christian, Woodcrest Christian, and Calvary Murrieta. This summer is an important time of training to begin to prepare our athletes physically and mentally for this increase in league competition. My purpose in emailing is to provide clear information about how to get enrolled, cleared, and signed up for summer sports.

**ENROLLED, CLEARED, AND SIGNED-UP & PAID BY JUNE 1 FOR SUMMER SPORTS**

Athletes must be enrolled, cleared, and signed-up prior to their participation in summer sports.

- 1) **ENROLLED:** Athletes need to be enrolled in the Business Office at LCHS for the 2010-2011 school year in order to be eligible to participate in summer sports.
- 2) **CLEARED:** Athletes need to turn-in their *Athletic Participation Packet* (<http://www.linfield.com/280260.ihtml>) at the HS Athletic Office prior to June 1<sup>st</sup>. All student-athletes need to renew their Medical Exam for 2010-11. OUCH Sports Medical Clinic, near Target on Ynez Rd, is providing Medical Exams for \$30 on **\*\*May 15<sup>th</sup> between 8:00-11:30\*\***. The \$30 fee is redirected back to LCHS to support the Athletic Training Supplies. We strongly urge all current and incoming LCHS student-athletes to attend this event. **\*\*Note change of date, time, location\*\***
- 3) **SIGNED-UP & PAID:** Athletes need to sign-up and pay for their participation in summer sports in the HS Athletic Office prior to June 1<sup>st</sup>.
- 4) **LATECOMERS:** *The High School Athletic Office is open intermittently throughout the summer to assist latecomers in signing up for summer sports. Please email in advance to schedule an appointment [dcharles@linfield.com](mailto:dcharles@linfield.com) A late fee of \$25 will be added per athlete/sport beginning June 12<sup>th</sup> for summer participation. Fees will not be pro-rated.*

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**FOOTBALL**

SST (Strength & Speed Training) with Coach Price begins July 12<sup>th</sup> and continues through August 13<sup>th</sup>. Upperclassmen will train from 7:00-8:30am Monday through Friday. Underclassmen will train from 8:30-10:00am Monday through Friday. The summer fee is \$100 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>. Participation in Passing Leagues TBD. The Football season begins August 16<sup>th</sup> with two weeks of two-a-day practices scheduled for 7am-10am and 5pm-8pm.

**VOLLEYBALL**

Coach Ortiz is offering a pre-season skills camp August 9-13 from 9-11am the week before tryouts. The summer fee for this camp is \$25 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>. The volleyball season begins with tryouts on August 16,17, and 18 from 9am-Noon. Returning Varsity players will also be required to coach in the afternoons at the Middle School Volleyball Camp August 16-19 from 1:00-4:00pm. After cuts, Varsity/JV practices begin August 19<sup>th</sup> and are schedule for Mon-Fri from 9am-Noon for the remainder of summer.

**CROSS COUNTRY**

Summer running with Coach Jo begins July 12 and continues through August 14th on Mondays and Wednesdays from 7-9am. The summer fee is \$25 per athlete and is due in the Athletic Office prior to

June 1<sup>st</sup>. Truly gung-ho cross country athletes are encouraged to consider attending the Asics Runner's World Camp August 8-13 in Idyllwild. The Cross Country season begins August 16 with weekday practices scheduled at 7-9am and an optional Beach Camping Trip to Carlsbad scheduled for August 21-24 (additional fee of \$50).

### **GIRLS TENNIS**

Summer training camp begins June 21 and continues through July 14 on Mondays, Tuesdays, and Wednesdays from 7-9am (Varsity) and 9-11am (JV). The summer fee is \$225 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>. The Girls Tennis season begins August 16<sup>th</sup> with practices scheduled for 7-9am until school begins.

### **BOYS TENNIS**

Summer training camp begins June 21 and continues through July 14 on Mondays, Tuesdays, and Wednesdays from 7-9am (Varsity) and 9-11am (JV). The summer fee is \$225 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>.

### **BOYS BASKETBALL (JV and Varsity)**

Summer training begins June 21 and continues through July 24 on Mondays, Wednesdays, and Fridays at Linfield from 6-9pm. Games TBD. The summer fee is \$100 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>.

### **GIRLS BASKETBALL (JV and Varsity)**

Summer training begins June 14 and continues through July 20. Practices are from 8:45-10:45am Monday through Friday. Games TBD. The summer fee is \$100 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>.

### **BOYS AND GIRLS SOCCER**

Summer training begins June 15 and continues through July 27<sup>th</sup> on Tuesdays & Thursdays from 6-7pm on Fox Field. The summer fee is \$25 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>. Additionally, players are encouraged to attend the FPI Soccer Camp August 3-6 for the discounted fee of \$100 (sign-up online at [www.footballproper.com](http://www.footballproper.com))

### **BASEBALL**

LCCHS will be playing 19 American Legion Games this summer between June 21 and July 30. The summer fee is \$85 per athlete and is due in the Athletic Office prior to June 1<sup>st</sup>.

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Again, here is the link to the *Athletic Participation Packet* necessary for the OUCH Medical Exams and clearance for summer. <http://www.linfield.com/280260.ihtml>

Please feel free to contact me with any questions or concerns. We are looking forward to a great summer of sport!



### **Drake Charles**

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