



# LA COSTA CANYON eNews

## HIGH SCHOOL

Dear Future Mavs--

**Athletics:** Are you interested in competing in Fall sports at LCC? Please see Fall [Try-Out Schedules](#)

- **New Maverick Athletic Clearance Information and physical info**---all athletic packets are now online. Click on the following [link](#) for more to make sure you are ready to try out.
- **June 6th, Physicals** are being offered on the campus of LCC, in the gym. Donation of \$30 . Use this as a time to submit all clearance paperwork and be set come August. **Download and bring the physical to be completed: [PHYSICAL](#)**
- An athletic clearance is **REQUIRED** to try out for a sport at LCC. It is highly recommended that this process is completed **by June 30**, especially for a FALL sport. The Athletic office is closed the month of July. Questions: email Athletic Director, Kari DiGiulio at [kari.digiulio@sduhsd.net](mailto:kari.digiulio@sduhsd.net)

**Associate Student Body (ASB)** exists to enthusiastically support all aspects of LCC while uniting every student and providing a positive environment. We are excited to help run activities and events regularly to connect with every student. Visit our [website](#) and download the app *La Costa Canyon High School* in the app store for more updates and information!

**Join the Class of 2022 School Remind:**  
Text @2022mav to 81010

**New Mav Night - Wed. August 15 (5:30-7:00pm)**  
Incoming 9th graders and any new students are welcome to come to LCC to experience LCC campus life before school starts! You'll meet with ASB students who will take you a campus tour, play games, and meet other new Mavs!


**Freshman School Business Day - Fri. August 17 (8:30am-11:00am)**

School Business Days allow for the opportunity to take care of all mandatory and optional paperwork.

Additionally, students will take their annual school picture and receive their required LCCHS Student ID card. This is the only opportunity to meet with counselors before school begins.

You will also have the opportunity to talk to current Mavericks about any questions you have and buy some new exclusive MAV GEAR!

Fri, 6/1	<b>ISPE Submission Deadline @ 3:30 PM.</b> <a href="#">Click here for more info</a>
Wed, 6/6 - 3:45 PM in the Theater	<b>Summer Online Health Orientation -</b> Mandatory for students taking Summer Online Health course (ISPE, certain PE courses that don't offer Health component). Parent/guardian and student must be in attendance.
Wed 6/6 3:45pm-5:45pm	<b>Sports Physicals - at LCC</b> offered in the gym <b>\$30 Donation</b>
Wed., 8/15	<b>New MavNight</b> (Freshmen/New Students), 5:30-7:00pm, GYM
Fri, 8/17	<b>School Business Day</b> (Freshmen)
Fri - Wed 8/17-22	<b>Teacher Prep/In-Service Days</b>
Tues, 8/28	<b>First Day of School!</b> Single Period Day
Wed, 8/29	<b>1-3-5 Welcome Pep Rally</b> , 11:15am, Gym
Thur, 8/30	<b>Class Assemblies/Wellness Advisory</b> , 11:15, Gym
Mon, 9/3	<b>Labor Day, No School</b>
Fri, 9/14	<b>1-3-5-7(D) Day</b> <b>Mandatory Club Informational Meeting</b> , 12:00pm, ASB Room
Thurs, 9/20	<b>Back to School Night</b>

Click on the  (by visiting the school homepage) to add the 2018-2019 complete school calendar. For more information please visit our [LCC homepage](#).

**Speech & Debate Mav Camp (August 8th) 10am-2pm:**  
Come meet LCC's competition Speech & Debate team and start getting prepared for the upcoming season! If you're competitive, like to speak your mind, and want to win some trophies doing it, come check us out! Lunch will be provided.

### What's New

Wednesday, August 15

- Wednesday, August 15
- 8:00am 11th Grade Business Day
- 5:30pm Freshman Mav Night
- Thursday, August 16
- 8:00am 10th Grade Business Day
- Friday, August 17
- 8:00am 9th Grade Business Day
- Monday, August 20
- 8:00am Department Chairs
- Tuesday, August 21
- Teacher Prep
- Wednesday, August 22
- Teacher Prep

[+ Google Calendar](#)

[See Full Calendar](#)  
[See District Calendar](#)

## SUMMER ATHLETIC CAMPS AND CLINICS

The following sports are having camps and clinics over the summer. Please reference the links provided to register and contact the coaches for questions. Many of these are open for any and all athletes, not just specific to LCC.

[Strength and Conditioning](#)

[Football Summer Workouts](#)

[Boys Basketball](#)

[Boys Water Polo](#)

[Wrestling](#)

[Cross Country](#)

[North County Field Hockey Camp \(incoming 7th, 8th and 9th grade only\)](#)

[Field Hockey](#)

[Girls Lacrosse Clinics](#)

[Cheer](#)

# LA COSTA CANYON MAVERICKS

**\*\*\*MARK YOUR CALENDARS\*\*\***

SPORTS PHYSICAL FUNDRAISER-----WEDNESDAY, JUNE 6TH---LCC GYM---

DOORS ARE OPEN FROM 3:30PM. FINAL CHECK IN @ 5:45 PM--NO APPOINTMENT NEEDED  
FIRST COME FIRST SERVE

This fundraiser benefits Maverick Athletics: Suggested Donation is \$30 per student, cash or checks made payable to the LCC Foundation.

1. Sports physical form-Front side MUST be filled out by parent/guardian and requires parent signature
2. Dress appropriately: shorts/t-shirt. NO JEANS, SKIRTS OR DRESSES.

**IF YOU'RE PLANNING ON PLAYING A FALL SPORT, ALL NECESSARY PAPERWORK NEEDS TO BE SUBMITTED TO THE ATHLETICS OFFICE BY JUNE 22ND.**

1. Printed and signed online confirmation page
2. Sports physical (we will keep on file if you do the fundraiser)
3. Required copy of medical insurance card (front and back)

FALL SPORTS INCLUDE: FOOTBALL, GIRLS TENNIS, GIRLS VOLLEYBALL, GIRLS FIELD HOCKEY, BOYS AND GIRLS CROSS COUNTRY, BOYS WATER POLO, GIRLS GOLF AND CHEER

**\*\*\*\*ONLY STUDENTS THAT HAVE BEEN CLEARED WILL BE ALLOWED TO PARTICIPATE IN TRYOUTS\*\*\***

**ATHLETIC OFFICE HOURS IN JULY: TBD**

**BEGINNING WEDNESDAY, AUGUST 1ST: ATHLETIC OFFICE HOURS WILL BE 8AM-12 NOON  
PLEASE ALLOW 48 HOURS TO PROCESS CLEARANCE PAPERWORK AFTER DEADLINE**

**Questions? Please EMAIL ATHLETIC SECRETARY CHAR GROGAN @ [Charlin.grogan@sduhsd.net](mailto:Charlin.grogan@sduhsd.net)**

## COMMUNITY

**News from Nutrition Services - FREE AND REDUCED LUNCH APPLICATIONS:** This year families can APPLY ONLINE AT: [www.paypams.com/onlineapp](http://www.paypams.com/onlineapp) Another option: Applications are on the nutrition website [www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com) under Meal Applications. You can choose to download the application and bring it to your school's office or drop by Oak Crest Middle School Nutrition Services Office.

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# FOUNDATION NEWS

[LCCHS Foundation website](http://www.lcchs.org)





Welcome to LCC!

Love helping out and want to feel connected to your child during their “independent” teen years?

You can do that at LCC! Support your child (and LCC) behind the scenes.

**Come join the team!!**

The LCCHS Foundation is comprised of a fun group of individuals who are dedicated to improving our students’ educational and experiential opportunities at La Costa Canyon High School. The Foundation oversees the financial operations and fundraising programs that subsidize LCC’s Athletics, Academics and Arts pillars above and beyond what the district is able to provide. Go Mavs!

To register or learn more, visit our [website](#) or our table during Business Days. Volunteer forms can be [downloaded](#) and turned in during Business Days, or emailed to the [secretary@lcchsfoundation.org](mailto:secretary@lcchsfoundation.org) or [lcfoundation@sduhsd.net](mailto:lcfoundation@sduhsd.net).

**All are welcome; no experience necessary!**

*Don’t have time to volunteer? There are many other ways to support the Foundation. Perhaps your business can sponsor an event, or be one the Foundation’s business partners. Please visit our [website](#) to learn more, and contact our Executive Director, Dale Jagers, at [lcfoundation@sduhsd.net](mailto:lcfoundation@sduhsd.net) to see how you, or your business, can partner with the LCC Foundation, and thank you for your support!*