



MAVERICK ATHLETICS ***2020 Spring Sports Tryouts***

Please Note, if you are involved in winter CIF playoffs, you are not permitted to tryout for a Spring sport until Winter season is over. Please check in with both winter and spring coaches to confirm your interest in trying out for a Spring sport.

Each student interested in trying out and participating in sports at LCCHS must complete the online clearance process. (Visit: www.AthleticClearance.com) Once complete, you MUST submit the following items to the Athletic Department:

- **Completed Sports Physical**
- **A copy of your medical insurance card**

Once your paperwork and online info has been verified, you will be added to the “cleared list.” Please allow up to 72 hours for processing once you have turned in your paperwork. **If your student has participated in a fall sport this year, the only requirement for clearance is the online portion. You must go back onto your online account and “click” the sport your student wants to play for Spring Sports No paperwork needs to be submitted unless the sports physical has expired and/or your insurance on file has changed.** What you input on the clearance website must match what I have on file.**

Coach will receive that “cleared list” prior to tryouts. Your name must appear on the cleared list in order for you to tryout.

BASEBALL – Saturday, Feb 8th: V-8:00-10am & 2-4pm, FR 10-12pm (Varsity Field) & 2-4pm @ Diegueno, JV-12-2pm (Varsity field) Mon., Feb. 10th & 11th: V/JV: Varsity Field after school, FR: 3:30 Diegueno

SOFTBALL – Mon., Feb. 10th & Tues., Feb 11th: V/JV After school-Softball field

BOYS' TENNIS –Tues., Feb. 4th & Wed. 5th : After school @ tennis courts. Wear proper shoes, bring a can of tennis balls, towel and water bottle

BOYS' LACROSSE – Mon., Feb. 17th - Wed., Feb. 19th: All Levels 6-8pm on the turf

GIRLS' LACROSSE -- Tues., Feb. 18th & Wed., Feb. 19th: All Levels 6-8pm on the grass.

SWIM & DIVE – Mon., Feb.10th: 6:30pm-8:30pm . YMCA Pool Encinitas.

TRACK & FIELD - Tues, Feb., 18th - Fri., Feb. 21st: At the track. 2:45-5pm. Must attend all days

BOYS' GOLF - Times and locations TBD. Please contact Coach Sovacool @ casey.sovacool@sduhsd.net

GYMNASTICS - Tues., Feb. 18th- Thur., Feb-20th: In the gym/wrestling room-5:30-8:00pm.

BOYS' VOLLEYBALL - Tues., Feb 8th-2:30-6:00PM, Tues., Feb. 18th & Wed., Feb. 19th: 3-5pm: In the gym

All tryout information listed above is subject to change.

Questions? Please contact :

Athletic Director, Kari DiGiulio kari.digiulio@sduhsd.net

Athletic Secretary, Char Grogan charlin.grogan@sduhsd.net

As of 02/02//2020