



SDHS CAVERS

ATHLETIC
PROGRAMS

1405 Park Boulevard · San Diego, California 92101 · Phone (619) 525-7455 EXT. 2123 · Fax (619) 525-7259

Spring Sports: mid February to mid May:

Badminton

Coach: Christopher Furr
Contact: c.furr23@gmail.com

Tryout dates:
02/16/19 @ 10am in the gym
02/18/19 thru 02/22/19 @ 3pm in the gym

Baseball

Coach: Will Mercado
Contact: w.mercado9@gmail.com

Tryout dates:
2/9/19 @ 9:00am at the baseball field
2/10/19 @ 3:00pm at the baseball field

Golf (Boys')

Coach: Gary Matthews
Contact: matthewsgary3@gmail.com

Tryout dates:
02/11/19 thru 02/13/19 @ 3:15pm at Balboa

Lacrosse (Boys'/Girls')

Boys' Coach: Deron Ambler
Contact: dambler@sandi.net

Tryout dates:
02/16/19 and 02/18/19 @ 10am in the stadium

Girls' Coach: Sydney Langelier
Contact: Sydney.langelier@gmail.com

Tryout dates:
02/16/19 and 02/18/19 @ 8am in the stadium



Principal: Francisca Del Carmen-Aguilar
Contact: fdelcarmen@sandi.net

Vice Principal of Athletics: Daniza Montero
Contact: dmontero@sandi.net

Athletic Director: Julie Blied
Contact: jblied@sandi.net

Cheer Coach: Alexandra Moncayo
Contact: moncayo_alexandra@yahoo.com
619-253-8272

ASB Advisor: Jose Diaz
Contact: sdhscaverasb@gmail.com

Spring Sports: mid February to mid May:

Softball

Coach: Enrique Rocha
Contact: E.rocha55@yahoo.com 619-540-7773

Tryout dates:
2/18/19 10:00am-12:30pm Varsity Try-Outs
2/18/19 1:00pm-2:30pm JV Try-Outs

Swimming

Coach: Anne Armstrong
Contact: aarmstrong@sandi.net

Tryout dates: At Memorial Pool
New Swimmers 2/19 @ 3:00pm-4:30pm
Returning Swimmers 2/20 @ 3:00pm-5:00pm
All Swimmers 2/21 3:00pm-5:00pm

Tennis (Boys')

Coach: Chaz Griffin
Contact: griffintennis@yahoo.com

Tryout dates:
02/12/19 @ 1:45pm on the tennis courts

Track & Field

Coach: Robert Dean
Contact: rdean@sandi.net

Tryout dates:
2/11/19 and 2/12/19 @ 3:00pm meet in weight
room (will be walking to stadium or Balboa
Park based on availability)

Volleyball (Boys')

Coach: Rachelle daCosta
Contact: Rdacosta@ymail.com

Tryout dates:
2/9/19 from 9:00am-12:00pm in the gym