

# **DAMIEN HIGH SCHOOL**

Home of the  
**SPARTANS**



## **SUMMER SPORTS 2019**

For Incoming Freshmen

# Basketball



Monday, June 3<sup>rd</sup> \*\* – Thursday, June 27<sup>th</sup>  
9:00 am – 12:00 noon: individual development, team practices

Games: Monday – Thursday

Location: Travers-Cronin Athletic Center

Cost: \$250

Contact: Mike LeDuc, Varsity Basketball Coach  
coachleduc@damien-hs.edu

**\*\* Students should begin practices after their last day of middle school**

# Baseball



Monday, June 17<sup>th</sup> – Thursday, July 18<sup>th</sup>

**Incoming Freshmen and Incoming  
7<sup>th</sup> & 8<sup>th</sup> Graders:**

1:30 – 3:30 pm

Location: Tom Carroll Stadium

Cost: \$325

Contact: Andy Nieto, Varsity Baseball Coach  
nieto@damien-hs.edu

# Cross Country Training

Monday, June 24<sup>th</sup> – Friday, August 2<sup>nd</sup>

6:00 – 7:30 am

Fitness Training Program (required for all Cross Country runners)

There is no fee for this summer program!

Doc Williams and other members of the Damien coaching staff will run a fitness training program during the summer. The program is designed for anyone who wishes to increase their fitness level (distance runners, soccer players, tennis players, or students just looking to get in better shape). All participants should try to bike/run/walk at least 30 minutes per day beginning Memorial Day weekend if they are not already training. **You must have a physical on file before you**

**can begin this training program.** You can pick-up a physical card in the administration building.

You should buy a good pair of running shoes (Top Speed in La Verne will help you pick an appropriate shoe and give you a discount if you tell them you are buying your shoes in order to participate in Cross Country).



# Football

Monday, June 17<sup>th</sup> – Thursday, July 18<sup>th</sup>

Mon & Tues: 4:00 – 7:00 pm

Wed: 3:00 – 7:00 pm    Thurs: 4:00 – 8:00 pm

(July 4<sup>th</sup> – 8<sup>th</sup> no practice)

Beginning Monday, July 22<sup>nd</sup>

Mon: 8:00 – 10:30 am

Tues & Thurs: 8:00 – 10:00am; 5:00 – 7:00 pm

Wed: 4:00 – 7:00 pm    Fri: 8:00 – 10:00 am

Location: Dick Larson Stadium

Cost: \$300



Contact: Matt Bechtel, Varsity Football Coach

[bechtel@damien-hs.edu](mailto:bechtel@damien-hs.edu)

Dead Period: May 27<sup>th</sup> – June 16<sup>th</sup>

# Ice Hockey

TBA



# Lacrosse

Monday, June 10<sup>th</sup> – Friday, June 14<sup>th</sup>

Practice Times: 6:00 – 8:00 p.m.

Location: Dick Larson Stadium

Cost: \$130

Contact: Emmanuel Munguia, Varsity Lacrosse Coach  
Emmanuelmunguia12@gmail.com



# Mountain Biking

**7<sup>th</sup> – 12<sup>th</sup> Graders New to Mountain Biking  
and Returning Riders**

Monday, July 15<sup>th</sup> – Friday, July 19<sup>th</sup>

Practice Times: 1:00 – 5:00 pm

Required attire: Mountain bike, helmet, glasses  
and gloves are mandatory;

Biking shorts and jerseys recommended

**\*\*Bikes are available for rent if needed for  
additional \$100\*\***

Location: Starting at Damien and  
traveling to local trails

Cost: \$125

Contact: Dominic Maricic, Mountain Biking Coach  
dominic@damien-hs.edu



# Soccer

Monday, June 24<sup>th</sup> – Friday, June 28<sup>th</sup>

1:30 – 3:30 p.m.

Cost: \$150

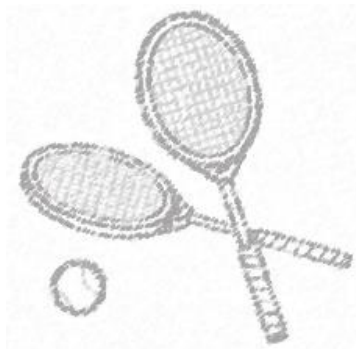
Location: Dick Larson Stadium

Contact: Eric McElrea, Varsity Soccer Coach  
mcelrea@damien-hs.edu



# Tennis

Monday, Wednesday, Friday: June 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>  
Monday, Wednesday, Friday: June 10<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>  
Monday, Wednesday, Friday: June 17, 19, 21



Practice Times: 2:00 – 5:00 p.m.

Location: Damien Tennis Courts

Cost: \$60 per day, per player  
\$150 per week, if registering for entire week  
\$450 for entire 3 week session

Contact: Bill Urquhart, Varsity Tennis Coach  
wurquhart46@gmail.com

# Volleyball

Tuesday, July 9<sup>th</sup> – Thursday, July 11<sup>th</sup>  
Practice Times: 1:30 – 4:30 p.m.

Location: Travers-Cronin Athletic  
Center

Cost: \$100

Contact: Randy Bohlmann,  
Varsity Volleyball Coach  
rmbohlmann@aol.com





## Water Polo

Monday, June 3<sup>rd</sup> – Thursday, July 18<sup>th</sup>

Monday – Thursday 3:00 – 5:00 pm

Cost: \$300

Location: Damien Pool

Contact: Breck Weiny, Varsity Water Polo Coach

[breckweiny@gmail.com](mailto:breckweiny@gmail.com)



## Wrestling

Monday, July 22<sup>nd</sup> – Friday, July 26<sup>th</sup>

9:00 am – 12:00 noon

Location: Event Center

Cost: \$200

Monday: Mastering fundamentals, stance & motion, set-ups, takedowns, open mat  
Tuesday: Mat wrestling, referee positions, tilts, arm bars, leg riding and defending them

Wednesday: Throws and trips

Thursday: Cradle series & escape series

Friday: Review and open mat

Contact: Chris Salabaj, Varsity Wrestling Coach

[salabaj@damien-hs.edu](mailto:salabaj@damien-hs.edu)

# Procedures for Signing Up for Summer Camps

Prior to any student participation in Damien High School Summer camps, the following must be completed:

- Complete the on-line Athletic Clearance Packet
- Have a pre-season athletic health screening
- Complete the on-line summer camp registration form at:  
[damienathletics.com/hq/summer-registration](http://damienathletics.com/hq/summer-registration)
- Registration is not complete until payment is made via PayPal

Participation in the summer program does not guarantee equal playing time in tournaments/summer league competition