

Mission Viejo High School - 2019 Summer Conditioning Schedule

| | COACH | DATES | DAYS / TIMES | LOCATION | ADDITIONAL INFO | FEE |
|----------------------------|---|-----------------------------------|--|--|---|----------|
| BOYS' SPORTS | | | | | | |
| Baseball Varsity | Chris Ashbach Christophe.Ashbach@svusd.org | May 29 - Jul 10 | Mon/Wed: 4pm-7pm | MVHS Varsity Baseball Field | Aliso Niguel League Various locations around County | \$150.00 |
| Baseball JV | Chris Ashbach Christophe.Ashbach@svusd.org | May 29 - Jul 28 | Mon/Wed: 1:30pm-4pm | MVHS Varsity Baseball Field | Aliso Niguel League Various locations around County | \$150.00 |
| Baseball Incoming Freshman | Chris Ashbach Christophe.Ashbach@svusd.org | Jun 17 - Jul 26 | Tue/Thur: 2pm-4pm; 4pm-6pm | MVHS Varsity Baseball Field | Aliso Niguel League Various locations around County | \$175.00 |
| Basketball Varsity | Troy Roelen Troy.Roelen@svusd.org | May 29 - Jul 5 | Mon-Fri: 8am-10am | MV Large & small gyms; various HS's on weekdays/weekends | M-F games at night and weekend tournaments | \$250.00 |
| Basketball JV | Troy Roelen Troy.Roelen@svusd.org | Jun 17 - Jul 12 | Mon-Fri: 10:15am-12pm | MV Large & small gyms; various HS's on weekdays/weekends | M-F games at night and weekend tournaments | \$250.00 |
| Basketball Soph | Troy Roelen Troy.Roelen@svusd.org | Jun 17 - Jul 12 | Mon-Fri: 8am-10am | MV Large & small gyms; various HS's on weekdays/weekends | M-F games at night and weekend tournaments | \$250.00 |
| Basketball Freshman | Troy Roelen Troy.Roelen@svusd.org | Jun 17 - Jul 12 | Mon-Fri: 10:15am-12pm | MV Large & small gyms; various HS's on weekdays/weekends | M-F games at night and weekend tournaments | \$250.00 |
| Cross Country | Robert Belo CoachBelo@gmail.com | Jul 1 - Aug 19 | Mon-Fri: 5:45pm-7:45pm Sat: 7:30am-9:30am | MVHS Track | | \$375.00 |
| Football Varsity | Chad Johnson Chad.Johnson@svusd.org | Jul 1 - Jul 19 | Mon-Fri: 2pm-6pm | MVHS Stadium | | \$325.00 |
| Football Freshman | Chad Johnson Chad.Johnson@svusd.org | Jul 1 - Jul 19 | Mon-Fri: 8am-11am | MVHS Stadium | | \$250.00 |
| Football Youth Camp | Chad Johnson Chad.Johnson@svusd.org | Jul 19 - Jul 21 | Fri/Sat/Sun: 9am-12pm | MVHS | | \$100.00 |
| Soccer Returners | Roger Castle cast7489@cox.net | Jun 17 - Jul 17 | Mon-Fri: 11am-2pm (Camp) Tue/Thur: 2pm-6pm (League) | Camp @ MVHS Summer League @ Capo HS | Capo Summer League @ Capo HS - Jun 19-Jul 27 12pm-5:30pm / 2 games per day | \$220.00 |
| Soccer Freshman | Roger Castle cast7489@cox.net | Jun 17 - Jul 10 | Mon-Fri: 8am-11am | La Paz Intermediate Lower Field | | \$220.00 |
| Volleyball | Ryan Thurlow Ryan.Thurlow@svusd.org | Jul 15 - Jul 26 | Mon-Fri: 8am-11am | MVHS Large Gym | | \$150.00 |
| Water Polo | Kevin Mitchell KMitchellWP@gmail.com | May 13 - Jun 6 | Mon-Thur: 3pm-5pm | MVHS Pool | | \$80.00 |
| Water Polo Frosh/Soph | Kevin Mitchell KMitchellWP@gmail.com | Jul 8 - Jul 19 Aug 19 - Aug 23 | Mon-Fri: 11:30am-2pm | MVHS Pool | | \$190.00 |
| Water Polo Varsity | Kevin Mitchell KMitchellWP@gmail.com | Jul 8 - Jul 19 Aug 12 - Aug 23 | Mon-Fri: 9am-12pm | MVHS Pool | | \$300.00 |

Register Online at <https://www.svusd.org/departments/community-services>

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|------------------------------|--|---|---|---|--|----------|
| GIRLS' SPORTS | | | | | | |
| Cross Country | Chase Frazier Diablotrack@gmail.com | Jul 15 - Aug 24 No practice Aug 5-10 | Mon-Sat: 7:30am-9:30am | MVHS | | \$300.00 |
| Golf | Jonathan Wiemann wiemannomics101@gmail.com | Aug 12 - Aug 15 | Mon-Thur: 10am-3pm | Lake Forest Golf Course | | \$100.00 |
| Lacrosse | Don Gordon Don@screfreshments.com | Jul 1 - Jul 24 | Mon & Wed: 6:15pm-8:15pm | MVHS Stadium | League Participation - 'Aliso Attack' @ RSM Intermediate Jul 6, 13, 20, & 27 Time: TBD | \$160.00 |
| Soccer | Kelly Anderson Kelly.Anderson@svusd.org | Jun 17 - Jul 18 | Mon-Thurs 8am-10am | Camp @ MVHS Stadium Conditioning @ MVHS Stadium and Weight Room League @ Capo Valley HS | League @ Capo Valley HS Soccer Fields | \$150.00 |
| Softball | Clint Watson coach.clint.watson@gmail.com | Aug 14 - Aug 16 | Wed-Fri: 9am-2pm | MVHS Varsity Softball Field | | \$75.00 |
| Swimming | Theresa Sorenson mvhscoach@gmail.com | Jun 17 - Jul 19 No Practice July 4th | Mon-Fri: 3pm-4:30pm | El Toro HS Pool | | \$120.00 |
| Girls Swim | | | | | | |
| Weight Training | Theresa Sorenson mvhscoach@gmail.com | Jun 17 - Jul 19 No Practice July 4th | Mon/Tues/Thurs: 8am-9am | MVHS Large Weight Room | | \$45.00 |
| Tennis | Mark Sabus Mark.Sabus@svusd.org | Jun 17 - Jun 27 | Mon-Thurs: 7:30am-10am | MVHS Tennis Courts | | \$100.00 |
| Volleyball Returners | Brooke Marino (Nicholson) mvhsgirlsvb@gmail.com | Jul 8 - Jul 24 | Mon-Fri: 11am-1pm (Weekends/Tournaments-TBD) | MVHS Large Gym | JV Scrimmages, OC Summer League, OC Varsity Summer Tournament (3 evening/weekend events) Location: Tesoro HS Dates/Times: TBD | \$280.00 |
| Volleyball Incoming Freshman | Brooke Marino (Nicholson) mvhsgirlsvb@gmail.com | Jul 8 - Jul 19 Jul 25 & Jul 26 | Mon-Fri: 1pm-3pm Jul 25 & Jul 26: 10am-12pm | MVHS Large Gym | | \$120.00 |
| Water Polo | Madeline Alexander MadelineAlexander001@gmail.com | Jun 3 - Jun 13 (MVHS) Jun 17 - Jun 27 (LHHS) Jul 1 - July 11 (MVHS) | Mon-Thur: 2pm-5pm | *See dates for location information | Aliso Scrimmages @ Aliso HS Time: TBD Jun 17 - Jul 5 Hard Core Cup Fresno, CA Time: TBD Jun 15-16 | \$260.00 |

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