



SUNNY HILLS HIGH SCHOOL

2022 Summer Athletic Schedule



Athletic Clearance: All athletes must be cleared to participate. Register for an account on athleticclearance.com and download the Physical Examination Form. Once the form is completed by a licensed physician, upload to athleticclearance.com

Men's Sports

Camp	Session Dates	Details	Suggested Donation	Contact Information
Baseball	Skills Camp: June 6 - 9 Prospect Camp: June 13 - 16	Skills Camp: June 6 - 9 from 8 a.m. - 12 p.m. All ages Prospect Camp: June 13 - 16 from 8 a.m. - 12 p.m. - (Incoming 8th and 9th graders) *Fall tryouts for non-camp participants: June 17th from 8 - 10 a.m. *All non-returners must try out. Info on website. Summer Camp Website: https://sites.google.com/view/lancer-baseball-summer-camps/home	\$225	Ryan Bateman rbateman@fjuhsd.org
Boys Basketball	June 6 - July 16	Tryouts: June 11th at 10:00 a.m. for incoming freshmen	Varsity: \$300 JV/Soph: \$250 Frosh: \$300	Joe Ok jok@fjuhsd.org 714-626-4319
Boys Cross Country/Track & Field	June 13 - July 14	In order to participate in Track & Field during the Spring, the student must either 1) be enrolled in Cross Country during the Fall, or 2) have participated in another sport that school year. Practice times TBD	\$300	Jacob Holloway jholloway@fjuhsd.org 714-510-2896
Football	June 6 - July 14	Freshmen Summer Camp: Monday - Thursday 3 - 6 p.m. Varsity Summer Camp: Monday - Thursday 2 - 5 p.m.	\$200	David Wilde dwilde@fjuhsd.org 714-626-4306
Boys Golf	NONE	NONE	NONE	Scott Enrico senrico@fjuhsd.org 714-626-4297
Boys Soccer	June 20 - July 12	Summer camp and tournament is an expectation for all returning players and an excellent way for incoming freshmen and transfer students to be introduced to Lancer Men's Soccer. Summer soccer serves as our first tryouts. Our camp & tournament games are in the afternoon from June 20 - July 12. Don't miss out!! Go Lancer Soccer!!	\$125	Mike Schade mschade@fjuhsd.org 714-626-4361
Boys Tennis	June 13 - 17	1:30 - 3:30 p.m. Tryouts will be in October, but coming to summer camp may help in getting you into 6th period tennis before having to try out.	\$100	Christopher Ghareeb cghareeb@fjuhsd.org 714-788-2863
Boys Volleyball	August 1 - 12	Tryouts will be included at the end of the summer camp. The tryout will be held on the last 2 days - August 11 and 12. Rosters will be posted the following day on August 13th on our Sunny Hills athletics website. Student athletes who make the team will be enrolled in off-season weight training with Coach Jones. Summer Camp time frames: Incoming 9th graders: 10 a.m. - 12 p.m. Returners: 12 - 2 p.m. Returners Weight Room: 2 - 3 p.m.	\$150	Albert Soliguen asoliguen@fjuhsd.org 714-552-3608
CoEd Swimming	June 6 - July 7	Swimming Skills, Stroke Instruction, and conditioning. Monday - Thursday 2 - 3 p.m. (This is our tryout camp for placement into 6th period Aquatics in the Fall)	\$250	Keith Nighswonger knighswonger@fjuhsd.org 714-626-4338
Boys Water Polo	June 6 - July 9	Practice Water Polo skills, strategy, and competition. Practices Monday, Tuesday, and Thursday 2 - 5 p.m. (includes dryland training) Games will be on Wednesday afternoons and Saturdays.	\$350	Keith Nighswonger knighswonger@fjuhsd.org 714-626-4338
Boys Wrestling	June 6 - 17	Tryouts will be the last two days of camp on June 16 and 17. Students will be notified on Friday if they have made the team or not. Practice times are from 2:30 - 5:30 p.m. Monday - Friday.	\$300	Davis Barr dbarr@fjuhsd.org 714-626-4248

Women's Sports

Camp	Session Dates	Details	Suggested Donation	Contact Information
Girls Basketball	Frosh Open Practice: June 10 Frosh: June 13 - July 14	Summer Open Practice for Frosh Team will be on Friday, June 10th at 10 a.m. Everyone who comes will have an opportunity to practice and get better at basketball throughout the summer. All girls will get the 5 weeks to showcase their abilities. Rosters will be announced at the end of the summer.	Varsity: \$300 Frosh/JV Returners: \$250 Frosh: \$300	Jae Byun jbyun@fjuhsd.org 714-626-4378
Cheer	June 13 - August 6	Tryout Clinics: May 2 - 5 / Tryout Date: May 6th Summer practices: June 13 - 30. MTWTh from 2 - 6 p.m. July 11 - 14 from 2 - 6 p.m. Camp in Pomona: August 3 - 6. Location: Fairplex Pomona Sheraton	\$480	Bianca Guerrero bguerrero@fjuhsd.org
Girls Cross Country/Track & Field	June 13 - July 14	In order to participate in Track & Field during the Spring, the student must either 1) be enrolled in Cross Country during the Fall, or 2) have participated in another sport that school year. Practice times TBD	\$300	Jacob Holloway jholloway@fjuhsd.org 714-510-2896
Girls Golf	June 7, 8, 9 July 5, 6, 7, 12, 13, 14	Tryouts will be on June 3rd at La Mirada Golf Course at 4 p.m. Camp will consist of 2 range days and one 9-hole round per week. Practices and rounds will be held at different local courses such as: Birch Hills, Brea Creek, Don Knabe, Fullerton, Golfer's Paradise, and La Mirada.	\$350	Scott Enrico senrico@fjuhsd.org 714-626-4297
Dance Production	August 1 - 3	DP Auditions May 16 - 18 Camp location TBD 8 a.m. - 4 p.m. Must have athletic clearance to participate in summer camp Dance 1, 2, 3 - No summer practices/camp (Auditions May 19 - 20)	TBD	Leiana Volen lvolen@fjuhsd.org
Girls Soccer	June 7 - 30	2022 Girls Summer Soccer will be held in June only. Tentative dates are June 7, 9, 10, 14, 16, 17, 21, 23, 24, 29, 30. Times 2 - 4 p.m. at the SHHS Field. Games will be played TBA.	\$150	TBD
Softball	July 26 - 29	If your daughter would like to be enrolled in softball at the start of the school year, she needs to be present for the try out dates. Tryouts are July 26 - 29 from 9 - 11 a.m.	\$200	Elise Laws elaws@fjuhsd.org
Girls Tennis	June 6 - 10	1:30 - 3:30 p.m. 1st Tryouts will be on June 10th Make-up tryouts will be held 1st week of school	\$100	Christopher Ghareeb cghareeb@fjuhsd.org 714-788-2863
Girls Volleyball	June 1 - 10	Summer Camp: June 1 - 8 (no Sat/Sun) Returners 3 - 5 p.m. Newcomers 5 - 7 p.m. Tryouts for all June 9 - 10 from 3 - 5 p.m. Team practices will begin June 13th	\$200	Amanda Donaldson adonaldson@fjuhsd.org 714-448-7893
Girls Water Polo	June 6 - July 9	Practice Water Polo skills, strategy, and competition. Practices: Monday, Tuesday, and Thursday from 2 - 5 p.m. (includes dryland training) Games will be on Wednesday afternoons and Saturdays.	\$350	Keith Nighswonger knightswonger@fjuhsd.org 714-626-4338
Girls Wrestling	June 6 - 17	Tryouts will be the last two days of camp on June 16 and 17. Students will be notified on Friday if they have made the team or not. Practice times are from 2:30 - 5:30 p.m. Monday - Friday.	\$300	Davis Barr dbarr@fjuhsd.org 714-626-4248

If you have questions about a camp, please contact the coach listed
Athletic Director: Paul Jones pjones@fjuhsd.org