

Sunny Hills Athletics

*"A Tradition of
Excellence"*

Sunny Hills High School Administrative Team

Allen Whitten	Principal
Hilda Arredondo	Asst Principal
Sarah Murrietta	Asst Principal
John Oldenburg	Asst Principal
Melissa Stinson, Ed.D.	Asst Principal

Athletic Department
Paul Jones- Athletic Director
(714) 626-4273
pjones@fjuhsd.org
sunnyhillsathletics.org

Summer Programs/Staff

Boy/Girls Golf	Scott Enrico
Girls Volleyball	Amanda Donaldson
Boys/Girls Waterpolo	Keith Nighswonger
Boys/Girls Wrestling	David Wilde
Boys Volleyball	Albert Soliguen
CoEd Swim & Dive	Keith Nighswonger
Boys Basketball	Joe Ok
Girls Basketball	Jae Byun
Girls Soccer	Jeff Gordon
Boys Soccer	Mike Schade
Football	Pete Karavedas
Cross Country	Jake Holloway
Track & Field	Jake Holloway
Boys/Girls Tennis	Christopher Ghareebo

Sunny Hills High School 2021



Summer Athletic Schedule

****All athletes participating in
summer athletics must be
cleared to play****

**Need Sports Clearance?
It's as easy as 1,2,3!**

1. Register for an account on AthleticClearance.com and download the Physical Examination Form
2. Schedule a physical with a licensed physician and complete the Physical Examination Form
3. Upload the completed and signed Physical Examination Form to AthleticClearance.com (upload page 3 only)



Girls & Boys Golf—June 1 to July 8

Scott Enrico (senrico@fjuhsd.org)
Tuesday, Thursday 4:00 PM
Tryouts: June 3rd at 4:00 PM (Westridge Golf Club)
\$250 Suggested Donation
Phone (714) 626-4297

Boys Volleyball—July 12 to 23

Albert Soliguen (asoliguen@fjuhsd.org)
Freshmen: Monday-Friday, 2:00-4:00 PM
Returners: Monday-Friday, 4:00-7:00 PM
***\$150 Suggested Donation
Phone (714) 552-3608

Girls Volleyball—June 1 to 11

Amanda Donaldson (adonaldson@fjuhsd.org)
Freshmen: Monday-Friday, 3:00-5:00 PM
Returners: Monday-Friday, 1:00-3:00 PM
Tryouts: June 10-11, 3:00-5:00 PM
***\$200 Suggested Donation
Phone (714) 448-7893

Boys & Girls Water Polo—June 1 to July 12

Keith Nighswonger (knighswonger@fjuhsd.org)
Monday-Thursday 2:00-4:30 PM
Saturday 8:00-11:00 AM
Located on Pool Deck
\$350 Suggested Donation (includes game fees)
Phone (714) 626-4338

Coed Swim & Dive—June 7 to July 10

Keith Nighswonger (knighswonger@fjuhsd.org)
Monday-Friday 2:00-3:30 PM
Located on Pool Deck
\$250 Suggested Donation
Phone (714) 626-4338

Boys Basketball—June 7 to July 11

Joseph Ok (jok@fjuhsd.org)
Practice/Games: Monday-Sunday, Time-TBA
depending on level
Freshmen Tryouts: June 5, 10:00 AM
(SHHS Gym)
Returners: \$250; Incoming Freshmen: \$275
Phone (714) 626-4319

Girls Basketball—June 7 to July 8

Jae Byun (jbyun@fjuhsd.org)
Practice: Monday-Friday + (Weekend Tournaments)
Time: TBA (dependent on gym avail & game times)
Returners: \$250; Incoming Freshmen: \$275
Phone (714) 626-4378

Girls Soccer—June 8 to 29

Jeff Gordon (jgordon@fjuhsd.org)
Tuesday & Thursday 2:00-4:00 PM
\$100 Suggested Donation
Phone (714) 863-8724

Boys Soccer—June 7 to July 11

Mike Schade (mschade@fjuhsd.org)
Monday-Thursday 2:00-5:00 PM
Practice & interscholastic games
\$150 Suggested Donation
Phone (714) 626-4361

Football—June 21 to July 16

Peter Karavedas (pkaravedas@fjuhsd.org)
Practice: Monday-Thursday 2:00-5:00 PM
\$150 Suggested Donation
Phone (562) 743-5831

***suggested donations can be made on the
SHHS webstore.

Boys Tennis—June 14 to 18

Christopher Ghareebo
(cghareebo@fjuhsd.org)
Monday-Friday 2:00-4:00 PM
\$100 Suggested Donation
Phone (714) 788-2863

Girls Tennis—June 7 to 11

Christopher Ghareebo
(cghareebo@fjuhsd.org)
Monday-Friday 2:00-4:00 PM
Girls Tryouts June 11, 2PM
\$100 Suggested Donation
Phone (714) 788-2863

Cross Country—June 21 to July 29

Jake Holloway (jholloway@fjuhsd.org)
Monday-Thursday 2:00-4:00 PM
Start on campus -Times may vary based on
weather
***\$300 Suggested Donation
Phone (714) 510-2896

Track & Field—June 28 to July 29

Jake Holloway (jholloway@fjuhsd.org)
Tuesday & Thursday 2:00-4:00 PM
Sessions on campus -Times may vary based
on weather
***\$150 Suggested Donation
Phone (714) 510-2896

Boys & Girls Wrestling—TBA

David Wilde (dwilde@fjuhsd.org)
(714) 626-4306

Tradition

Pride

Excellence