

# SCHS Athletics Teams 2019-2020

Sport Team	Level	Coach	Practice	Season	Tryouts	Coach Email
Boy's Tennis	Varsity and JV	Mr. Robert Cohen	Mon, Wed-Fri 6th - 5:00 p.m.	Spring	Last three weeks of Fall semester	<a href="mailto:robert.cohen@lausd.net">robert.cohen@lausd.net</a>
Cheer Boys' & Girls'	Varsity and JV	Ms. Renita Martinez	Mon-Fri 3:00 -6:00 p.m.	Year- Round	November	<a href="mailto:renita.martinez@lausd.net">renita.martinez@lausd.net</a>
Cross Country Boys' & Girls'	Varsity and JV (based on time trial)	Mr. Ron McGee	Mon-Fri 6th-5:00 p.m.	Fall	First Two weeks of Fall emester	<a href="mailto:mcgeeco@yahoo.com">mcgeeco@yahoo.com</a>
Football	Varsity and JV	Mr. Laron Johnson	Mon-Thurs 6th-6:00 p.m.	Fall	Email Coach	<a href="mailto:laronjohnson1@lausd.net">laronjohnson1@lausd.net</a>
Marching Band	ALL	Ms. Sabrina Nickum	Mon-Fri 6th-5:00 p.m.	Year- Round	Email Coach	<a href="mailto:sabrina_nickum107@yahoo.com">sabrina_nickum107@yahoo.com</a>
Girl's Tennis	Varsity and JV	Mr. Robert Cohen	Mon-Fri 6th-5:00 p.m.	Fall	Email Coach	<a href="mailto:robert.cohen@lausd.net">robert.cohen@lausd.net</a>
Girl's Volleyball	Varsity, JV, & Frost/Soph	Mr. Soheil Mashhoud Mr. Dave Lertzman	Mon-Fri 6th-5:00 p.m.	Fall	April-May	<a href="mailto:sxm9752@lausd.net">sxm9752@lausd.net</a>
Boy's Volleyball	Varsity, JV, & Frost/Soph	Mr. Soheil Mashhoud Mr. Dave Lertzman	Mon-Fri 6th-5:00 p.m.	Spring	End of November	<a href="mailto:sxm9752@lausd.net">sxm9752@lausd.net</a>
Boy's Basketball	Varsity, JV, &Frost/Soph	Mr. Bort Escoto	6:00 -8:00 p.m. (scheduled days) or 3:00-5:00 p.m.	Winter	Second week of fall semester	<a href="mailto:sylmarbasketball@gmail.com">sylmarbasketball@gmail.com</a>
Girl's Basketball	Varsity, JV, & Frost/Soph	Mr. Harry Carbonati	3:00 -5:00 p.m	Winter	Second week of fall semester	<a href="mailto:harrycarbonati@gmail.com">harrycarbonati@gmail.com</a>
Boy's Soccer	Varsity and JV	Mr. Carlos Olivares	Mon-Fri 6th-5:00 p.m.	Winter	Email Coach	<a href="mailto:cmo9963@lausd.net">cmo9963@lausd.net</a>
Girl's Soccer	Varsity and JV	Mr. Juan Campos	Mon-Fri 6th-5:00 p.m.	Winter	Email Coach	<a href="mailto:jxc4595@lausd.net">jxc4595@lausd.net</a>
Golf Boys' & Girls'	Varsity and JV	Mr. Wilquin Garcia	Mon-Fri 6th-5:00 p.m.	Spring	Email Coach	<a href="mailto:wilquin.garcia@lausd.net">wilquin.garcia@lausd.net</a>
Wrestling Boys' & Girls'	Varsity and JV (based on weight class)	Mr. Wilquin Garcia Mr. Trent Jackson	Mon-Fri 3:00-6:30 p.m.	Winter	September	<a href="mailto:wilquin.garcia@lausd.net">wilquin.garcia@lausd.net</a> <a href="mailto:trent.jackson@lausd.net">trent.jackson@lausd.net</a>
Track Boys' & Girls'	Varsity and JV (based on time trial)	Mr. Ron McGee	Mon-Thurs 6th-5:00 p.m.	Spring	Late November	<a href="mailto:ronald.mcgee@lausd.net">ronald.mcgee@lausd.net</a>
Swim Boys' & Girls'	Varsity and JV (based on time trial)	Mr. Larry Domoto	Tues 6th-3:30 p.m. Wed-Fri 6th-4:30 p.m.	Spring	Off-season class	<a href="mailto:ldomoto@lausd.net">ldomoto@lausd.net</a>
Softball	Varsity and JV	Ms. Melissa Snee	Mon.-Fri 6th-5:00 p.m.	Spring	November-December	<a href="mailto:mxs0944@lausd.net">mxs0944@lausd.net</a>
Baseball	Varsity and JV	Mr. Ray Rivera	Mon-Fri 6th-5:30 p.m.	Spring	Last three weeks of fall semester	<a href="mailto:rcr7916@lausd.net">rcr7916@lausd.net</a>

Note: Tryouts are subject to change. Listen to announcements at beginning of 1st and/or contact coach of sport if unsure. Practices may also change due to rain, heat or any other occasion. Dedication will show greatly if involved in sport as fast as possible. Good luck in tryouts, be proud to be a spartan!