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

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!