

MIRA COSTA ATHLETICS and ACTIVITIES

Note: For additional information see Miracostahigh.org or mbxfoundation.org

Tryouts	Tryout Dates	Tryout Process	Experience	Summer Workout	Summer Dates	Practice during Breaks	Cuts	Contact Coach - booster club
Fall Sports:								
Football	yes	Summer PE Football	drills	none	yes MBX	June - August	Thanksgiving	no Don Morrow dmorrow@mbusd.org miracostafootball@gmail.com Chuck Currier - Freshman Coach agr8skier@verizon.net
Girls Volleyball	yes	July	drills & scrimmage	club play	yes MBX	After JO's Summer School	Thanksgiving (varsity only)	yes Cam Green coachcamgreen@gmail.com http://www.mustangvball.com/ Robyn Glasgow - booster President robynglasgow@gmail.com
Cross Country Boys and Girls	yes	Summer Training	3 mi. Time Trial	none	yes MBX	all summer time off for vacation if arranged w/coach	Thanksgiving Varsity only	yes Roberto Calderon rcalderon@mbusd.org Renee Williams-Smith (girls) reneewsmith@gmail.com mcxcbooster@gmail.com
Boys Waterpolo	yes	Early Summer	Off season training	no club play recommended	yes MBX	all summer, except 1st 2 wks of Aug	Labor Day	no Jon Reichardt jreichardt@mbusd.org Agnes Slater agneshb@roadrunner.com
Girls Golf	yes	last week of summer break	Playing golf	recommended	TBD MBX	Summer School not required	no	TBD Tom Cox tcox@mbusd.org Kimberly Weller kimba613@gmail.com
Girls Tennis	yes	Mid June	Workout & match play	yes	yes MBX	week before school summer workouts not required	no	yes Joe Ciasulli jciasulli@mbusd.org Jane Lebbin janelebbin@gmail.com
Beach Volleyball Boys	yes	Early August	workout and play	yes	yes	August	no	possible if no experience Kyle Denitz kyle.denitz@yahoo.com Sharon Pinkerton sharonpinkerton@yahoo.com
Marching Band (coed)	yes	May/June	Audition	no	yes	June - August 2 wks Aug. Mandatory 1 per week - June/July	no	Joel Carlson jcarlson@mbusd.org Aeran Koch aerankoch@msn.com

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Winter Sports:									
Boys Basketball	yes	1st 2 wks of school after fall sports after spring spts	2 hour skills & scrimmage then asked back	yes	yes MBX	Summer School not required, but recommended	Thanksgiving Winter Feb - varsity only	yes	Neal Perlmutter coachnealp@gmail.com Staci Carey staci.carey@yahoo.com http://www.costabasketball.com
Girls Basketball	yes	First two wks of school	skills & scrimmage	recommended	yes MBX	Summer School not required, but recommended	Thanksgiving Winter Feb (if in playoffs)	yes	John Lapham jglapthree@aol.com Joni Toyooka joni.toyooka@gmail.com
Boys Soccer	yes	summer Sept & Nov	demonstrate skills	recommended	yes MBX	Summer School Freshman	Thanksgiving Winter Feb for varsity	yes	Gary Smith gsmith@mbusd.org Tracie Haber tracie.haber@gmail.com
Girls Waterpolo	no	none		no, but swim skills	yes MBX	Summer School Freshman	Winter Break Possibly Feb.	no	Jon Reichardt jreichardt2001@yahoo.com Patti Terry terrypack@chivo.com
Wrestling (coed)	no	First weeks of school	skills	no	no		Thanksgiving, Winter	no	Jim Chaney churchofbc@aol.com Terry St. Bernard terryrae@mac.com
Rugby (coed)	no	After Football Season		no	no		Winter	no	Duke Dulgarian duke@scoreproperties.com Bibi Vabrey vabreyB@csmns.org
Girls Soccer	yes	Freshman Camp	Summer Skills Camp	yes	yes MBX	Summer School Freshman	Winter, February	yes	Patty Perkinson pattyprknsn@aol.com Pennie Stepczyk pennie017@gmail.com
Spring Sports:									
Badminton (coed)	yes	January	skills	recommended	no		February	yes	Rocky Wilson rwilson@mbusd.org Will Yu yuwill68@gmail.com
Baseball	yes	October Early Feb for 2 sport kids	practice/train in fall during 6th period baseball	recommended	yes MBX	summer school some play club	February and Spring	yes	Keith Ramsey keith.b.ramsey@gmail.com Robyn St. Germain robynstgermain@gmail.com
Boys Golf	yes	Fall & Spring	play 9 hole rounds -home course	recommended	yes MBX	summer school optional	February and Spring	TBD	Tom Cox tcx@mbusd.org Stephane Wandel stephanewandel@gmail.com

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Spring Sports (cont):									
Boys Lacrosse	yes	During "ski week"	practice/train in fall during 6th period Lacrosse or after other sport	recommended	no		February and Spring	no	Aaron Karsh coachkarsh@gmail.com www.miracostalacrosse.com Sku Boden sku@earthlink.com
Girls Lacrosse	yes	November	drills & timed mile	no but helpful	no		February and Spring	yes	Amanda Cross across310@gmail.com Andrew Lechuk alechuk@mac.com
Girls Softball	yes	July & 2nd week in September	running/hitting fielding/throwing over	yes	no	optional games	February and Spring	yes	Brittany Gardner brittany@brittanygardner.com Dan Neri donato109@mac.com
Swim Team (coed)	yes	Late January	2 Event 50, 100 (all 4 strokes) 100 IM, 200, 500 Free	swim team	no		Spring - Varsity	no	Alexandra Isham aisham@att.net John Bathurst jhbathurst@mac.com
Boys Tennis	yes	2 days in Dec	attend 3 practices	recommended	TBD MBX	summer school optional	none	yes	Joe Ciasulli jciasulli@mbusd.org Bonnie Darrow bldmdd@yahoo.com
Track & Field (coed)	yes	Fall	Timing, Heights and Distance	no	yes MBX	summer school optional, but recommended	Spring - Varsity	yes	Moe Russell moe.mctrack@gmail.com mctrackboosters@gmail.com Suyen Pell s.pell1511@gmail.com
Boys Volleyball	yes	Fall & Winter	fundamentals height, attitude	yes club	no		February Spring - varsity	yes	Avery Drost avery.drost@gmail.com Sharon Pinkerton sharonpinkerton@yahoo.com
Ice Hockey	yes	February/March	Skills	yes	no			yes	Barry Dreger barrydreger@att.net Ibrahim Doumbia faraban9@gmail.com
Beach Volleyball Girls	yes	Early January	Skills and Play	yes	no most play club		February Spring Optional	yes	Nancy Mason Reynolds nancymason7@gmail.com Michele Reilly michele@miracostabeach.com

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Year-Round:	Tryouts	Tryout Dates	Tryout Process	Experience	Summer Workout	Summer Dates	Practice during Breaks	Cuts	Contact Coach - booster club
Cheerleading	yes	Mid-April		no	yes	July/August mandatory	Thanksgiving -if CIF football games	yes	Travis Neese travis@costacheer.com Kari Carpino kari.carpino@allenallenusa.com
Dance	yes	Mid-April	2-day clinic	yes	yes MBX	Summer School mandatory	Thanksgiving -if CIF football games	yes	Victoria Brown miracostadanceteam@gmail.com Cindy Middler cmiddler@me.com
Colorguard/ Winterguard	no	none		none	yes	June - August 1 per week	Winter and Spring Competitions	no	Richard Hernandez-Head Coach Alicia Solis pinkalicia2@gmail.com
Surf Team (coed)	yes	September In Class	competitive heats	yes	no			yes	Tracy Geller tgeller@mbusd.org Brandi Samuelian brandi1@me.com
Yearbook	yes	Due March 2018	Application Available at http://mchshoofprints.weebly.com/	no	no		November trip Dates TBD	yes	Lindsey Valbuena lvalbuena@mbusd.org miracostayearbook@gmail.com
Concert Band Ensembles	yes	May/June	Audition	yes	no		Concerts mandatory	no	Joel Carlson jcarlson@mbusd.org Aeran Koch aerankoch@msn.com
Choir	yes	May/June	Audition	no	no		Concerts mandatory	no	Michael Hayden mhayden@mbusd.org Sene Gray - Booster senegray@verizon.net
Orchestra	yes	May	Audition	yes	no		Concerts mandatory	no	Peter Park ppark@mbusd.org Beth Nicosia - Booster bethnicosia1@yahoo.com
Model UN	yes	May Freshman take Intro to MUN	Audition	no	no			yes	Wayne Knutson wknutson@mbusd.org Karen Householter - Booster karenhouseholter@mac.com
Broadcast Journalism/ Cinematic Arts	yes no	Early March Open to Freshman	Application Available at http://mustangmorningnews.com/join-the-staff/	no	no			yes no	Michael Hernandez mhernandez@mbusd.org Susan Douglas - Booster susandouglas@roadrunner.com

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Year-Round (cont.):	Tryouts	Tryout Dates	Tryout Process	Experience	Summer Workout	Summer Dates	Practice during Breaks	Cuts	Contact Coach - booster club
Cyber Security	no			None required	no		no		Leanne Weaver lweaver@mbusd.org Lauren Blair Booster laurenkblair@mbusd.org
La Vista	yes	See MCHS Course Description		yes	no		no	no	Keely Sweeny ksweeny@mbusd.org Caroline Tsuang - Booster ctsuang@yahoo.com
Drama/ Theater Tech	yes	Fall and Spring	Audition	no	no		Spring Break	no	Theater Tech/Cary Jordahl cjordahl@mbusd.org Drama/Jonathan Westerberg jwesterberg@mbusd.org miracostadramaboosters.org Sarah Geller-Booster sarahgellermb@me.com
Robotics	no			None required	no	June-August	Optional	no	Ken Brenan kbrenan@mbusd.org
Bio-technology	yes	Spring of 9th Grade	Application and Recommendation	Biology and Algebra	no		n/a	no	Jessica Bledsoe jbledsoe@mbusd.org
Crew/Rowing*	yes	2 Tryouts 2 Weeks Each Early September Early January Season is Sept - May Practice Mon - Fri 4:15 - 6:45pm	Free Classes to try the sport	None Required Inexperienced Row in Novice Division	Optional	Optional Weekdays 7-9am		no	Zohar Abramovitz coachzohar@gmail.com Sherolyn Duckworth slduckworth@yahoo.com
Sailing*	no	Season is Sept - April Practice Tue/Thurs 2:30 - 6:30pm		Recommended	Optional	Regattas Vary		no	Abby Featherstone/KHYF coach@khyf.org Anne Popolizio director@khyf.org

* Note Sailing and Crew are clubs and not CIF sports. Contact coach on scheduling for 6th period availability prior to 9th grade registration in the Spring