

Nipomo High School Athletics

525 North Thompson Ave.
 Nipomo, CA 93444
 (805) 474-3300 ext. 3252
 Fax: (805) 929-2551



Baseball 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Site- Var.</u>	<u>Site- JV</u>	<u>Time</u>
Tuesday	2/5	St. Joseph Scrimmage	NHS		3:30
Thursday	2/14	Santa Ynez	SYHS	NHS	3:30
Saturday	2/16	Kingsburg (Double Header)	NHS		11, 1
Tuesday	2/19	Cabrillo	NHS	CHS	3:30
Tuesday	2/26	San Luis Obispo	NHS		4:00
Saturday	3/2	San Marcos (Double Header)	SMHS		11, 1
Friday	3/8	Pioneer Valley	NHS	PVHS	3:30
Tuesday	3/12	Orcutt Academy	NHS		4:00
Friday	3/15	Morro Bay	MBHS	NHS	4:00
Tuesday	3/19	Santa Maria	SMHS	NHS	4:00
Friday	3/22	Mission Prep	MCP	NHS	4:00
Tuesday	3/26	* Pioneer Valley	PVHS	NHS	4:00
Friday	3/29	* Pioneer Valley	NHS	PVHS	4:00
Tuesday	4/2	* Orcutt Academy	OJHS		4:00
Friday	4/5	* Orcutt Academy	NHS		4:00
Saturday	4/6	Amador Valley	NHS		11:00
Tuesday	4/9	* Morro Bay	NHS	MBHS	4:00
Friday	4/12	* Morro Bay	MBHS	NHS	4:00
Tuesday	4/16	* Santa Maria	NHS	SMHS	4:00
Thursday	4/18	* Santa Maria	SMHS	NHS	4:00
M-Thur	4/22-25	Nipomo Classic Tourney	NHS		TBD
Tuesday	4/30	* Mission Prep	NHS	MCP	4:00
Thursday	5/2	* Mission Prep	MCP	NHS	4:00
Wed.	5/8	CIF Playoffs Begin	TBD		TBD

* **Bold = League Contests**

Head Coach: Samm Spears
 Associate Head Coach: Marcus Silveira
 Assistants: Ike Hampton, Tony Dodge, Jay Edwards

Principal: John Denno
 Athletic Director: Russ Edwards
 Asst. Ath. Dir: P.J. Deichler
 Athletic Trainer: Andrew Boortz

1/14/19

Nipomo High School Athletics

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Boys Golf 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Level</u>	<u>Location</u>	<u>Time</u>
Tuesday	2/19	Lompoc	V/JV	La Purisma	3:00
Thursday	2/21	Arroyo Grande	V	Cypress Ridge	1:00
Monday	2/25	La Purisma Tourney	V	La Purisma	12:30
Tuesday	2/26	Santa Ynez	V/JV	Alisal River	3:00
Tuesday	3/5	San Luis Obispo	V	SLO Country Club	3:00
Monday	3/11	* Santa Maria	V/JV	Santa Maria C.C.	3:00
Thursday	3/14	* Santa Maria	V/JV	Monarch Dunes	3:00
Monday	3/18	* Pioneer Valley	V/JV	Monarch Dunes	3:00
Thursday	3/21	* Pioneer Valley	V/JV	Blacklake	3:00
Monday	3/25	* Templeton	V/JV	Monarch Dunes	3:00
Thursday	3/28	* Templeton	V/JV	TBD	3:00
Monday	4/8	* Morro Bay	V/JV	Monarch	3:00
Thursday	4/11	* Morro Bay	V/JV	Morro Bay	3:00
Monday	4/15	* Orcutt Academy	V/JV	Monarch Dunes	3:00
Thursday	4/18	* Orcutt Academy	V/JV	TBD	3:00
Monday	4/29	* Templeton Preview (9)	V	TBD	2:00
Wed.	5/1	* Templeton Finals (18)	V	TBD	Noon

CIF TBD

Area & Division 3 = May 6

Individual = May 13

* = League Contests

Head Coach: Kurt Lindgren

Principal: John Denno

Athletic Director: Russ Edwards

Assistant A.D.: P.J. Deichler

Athletic Trainer: Andrew Boortz

1/31/19

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SOFTBALL 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Varsity</u>	<u>JV</u>	<u>Time</u>
Wed.	2/6	St. Joseph Scrimmage	NHS		3:30
Saturday	2/16	NHS Intra-Squad Scrimmage	NHS		11:00am
Friday	2/22	St. Joseph	Hagerman	NHS	3:30
Tuesday	2/26	Atascadero	AHS	AHS	4:00
Friday	3/1	Coast Union	CUHS		3:30
	3/1	Cabrillo		NHS	3:30
Tuesday	3/5	Paso Robles	NHS	NHS	3:30
Th, F, Sat	3/7-9	Bakersfield Driller Tourney	TBD		TBD
Tuesday	3/12	San Luis Obispo	NHS	NHS	4:30
Thursday	3/14	Coast Union	NHS		4:00
	3/14	Cabrillo		CHS	3:30
Saturday	3/16	Carpinteria (Double Header)	CHS	CHS	11/1:00
Wednesday	3/20	Santa Ynez	NHS		4:00
	3/20	Lompoc		NHS	4:00
Saturday	3/23	Kingsburg	NHS		3:00
Tuesday	3/26	* Morro Bay	NHS		4:30
Thursday	3/28	* Mission Prep	Cuesta		4:30
Tuesday	4/2	* Orcutt Academy	NHS		4:30
	4/2	Lompoc		NHS	4:30
Friday	4/5	* Santa Maria	SMHS	NHS	4:30
Tuesday	4/9	* Pioneer Valley	NHS	PVHS	4:30
Thursday	4/12	* Morro Bay	MBHS		4:30
Tuesday	4/16	* Mission Prep	NHS		4:30
Thursday	4/18	* Orcutt Academy	LJHS		4:30
Thursday	4/25	La Reina (Thousand Oaks)	LRHS		3:00
Tuesday	4/30	* Santa Maria	NHS	SMHS	4:30
Thursday	5/2	* Pioneer Valley	PVHS	NHS	4:30
Tuesday	5/7	CIF Playoffs Begin	TBD		TBD

*** Bold = League Contests**

Head Coach: Matt Paradis

Assistants: James Fisher, Joseph Cruz, Evangelina Lopez,
Gabriel Segura, Mercedes Marlette

Principal: John Denno

Athletic Director: Russ Edwards

Asst. Ath. Dir.: P.J. Deichler

Athletic Trainer: Andrew Boortz

2/5/19

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STUNT CHEER 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
Thursday	2/28	Arroyo Grande & Morro Bay	AGHS	5 & 6
Thursday	3/7	Atascadero & Paso Robles	Atas.	5 & 6
Tuesday	3/19	Atascadero & Righetti	NHS	5 & 7
Thursday	3/28	Paso Robles & San Luis Obispo	PRHS	5 & 6
Tuesday	4/2	Morro Bay & Atascadero	NHS	5 & 8
Thursday	4/4	Arroyo Grande & Righetti	PRHS	5 & 7
Tuesday	4/16	Morro Bay & Righetti	MBHS	5 & 6
Saturday	4/27	CIF Central Section Tourney	PRHS	TBD
Saturday	5/3	State Championships @ Sacramento State		TBD

Head Coach: Jessica Leek
Assistant: Jennifer Hamby
Principal: John Denno
Athletic Director: Russ Edwards
Asst. Ath. Dir.: P.J. Deichler
Athletic Trainer: Andrew Boortz

1/28/19

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Swimming and Dive 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Thursday	2/28	Templeton	NHS	3:00
Thursday	3/7	Orcutt Academy	NHS	3:00
Saturday	3/9	SLO Dive Invite	Sinsheimer	TBA
Thursday	3/14	* Arroyo Grande	NHS	3:00
Thursday	3/21	* Righetti	RHS	3:00
Thursday	3/28	* San Luis Obispo	NHS	3:00
Thursday	4/4	* Paso Robles	NHS	3:00
Saturday	4/6	AGHS Dive Invite	AGHS	TBA
Tuesday	4/9	* Atascadero	NHS	3:00
Saturday	4/13	League Diving Prelims/Finals	AGHS	TBA
Tuesday	4/16	Varsity Prelims	NHS/AGHS	TBA
Wed.	4/17	JV Finals	NHS/AGHS	TBA
Thursday	4/18	Varsity Finals	NHS/AGHS	TBA
	5/2	CIF Diving	TBA	TBA
	5/3-4	CIF Swimming	TBA	TBA
	5/10-11	CIF State	TBA	TBA

* League Contests

* Dive starts at 2pm

Boys Head Coach: Cody King
Boys JV Coach: Kelly Bellew

Girls Head Coach: Rachele Capra
Girls JV Coach: Tyler Andree

Principal: John Denno
Athletic Director: Russ Edwards
Assistant Ath. Dir.: P.J. Deichler
Athletic Trainer: Andrew Boortz

Dive Coach: Bridgette Depalma-Steed

1/11/19

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Boys Tennis 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Varsity</u>	<u>JV</u>	<u>Time</u>
Thursday	2/14	Lompoc	LHS	NHS	3:30
Friday	2/15	Paso Robles	NHS		3:30
Tuesday	2/19	* Mission Prep	MCP		3:30
Thursday	2/21	* Pioneer Valley	NHS		3:30
Tuesday	2/26	* Santa Maria	NHS		3:30
Tuesday	3/5	* Morro Bay	NHS		3:30
		Atascadero		AHS	3:30
Thursday	3/7	* Orcutt Academy	Hancock		3:30
Tuesday	3/12	* Atascadero	AHS		3:30
		Templeton		NHS	3:30
Thursday	3/14	* Mission Prep	NHS		3:30
		Templeton		THS	3:00
Tuesday	3/19	* Pioneer Valley	PVHS		3:30
Thursday	3/21	* Santa Maria	SMHS		3:30
		Atascadero		NHS	3:30
Tuesday	3/26	Arroyo Grande		NHS	3:30
Thursday	3/28	* Morro Bay	MBHS		3:30
		Righetti		NHS	3:30
Tuesday	4/2	* Orcutt Academy	NHS		3:30
		Templeton		THS	3:00
Thursday	4/4	* Atascadero	NHS		3:30
Tuesday	4/9	Ocean League Prelims	TBD		TBD
Wed.	4/10	Ocean League Finals	TBD		TBD
		CIF TBD			

* Atascadero is Prelims/Finals Host

* League Contests

Head Coach: Teresa Downey
 Assistant: Dana Evangelista
 Principal: John Denno
 Athletic Dir.: Russ Edwards
 Asst. Ath. Dir.: P.J. Deichler
 Athletic Trainer: Andrew Boortz

2/6/19

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Track and Field 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Level</u>	<u>Time</u>
Saturday	3/2	Paso Robles Relays	PRHS	Invite	8:30
Saturday	3/9	Atascadero Memorial Meet	AHS	Invite	9:00
Wed.	3/13	Association Varsity Invite Limit of 4 per event - varsity only	SMHS	Varsity	2:00
Saturday	3/16	Association Frosh-Soph Invite Unlimited Frosh-Soph Entries	SMHS	Frosh-Soph	9:00
Saturday	3/16	AGHS "Big Ditch" Throws	AGHS	Varsity	TBD
Saturday	3/23	Easter Relays *specific event groups only	SBCC	Invite	TBD
Friday	3/29	Invitational	TBD	Invite	TBD
Fri./Sat.	4/5-6	Arcadia Invitational	Arcadia	Qualify	TBD
Saturday	4/13	SLO County Meet	Cuesta	ALL	TBD
Wed.	4/17	Association Frosh-Soph Invite Limit of 4 per event - Frosh-Soph only	AHS	Frosh-Soph	2:00
Thursday	4/18	Association Varsity Invite Limit of 4 per event - Varsity only	AHS	Varsity	2:00
SPRING BREAK IS 4/22 - 4/28					
Friday	4/26	Mountain League Prelims Arroyo Grande Host	AHS	ALL	9:00
Thursday	5/2	Mountain League Finals Arroyo Grande Host	AHS	ALL	2:00
Wed.	5/8	CIF AREA	Lemore	Qualify	TBD
Saturday	5/18	CIF Masters Meet	Buchanan	Qualify	TBD
Fri./Sat.	5/24-25	CA State Meet	TBD	Qualify	TBD

Head Coach: Russ Edwards

Assistant Coaches:

Kellen Boaz, Bob Cape, Carol Cape,
Carlyn Hinds, Aaron Meloncon,
Emma Ramirez, Lawrence Rucker

Principal: John Denno

Ath. Dir.: Russ Edwards

Asst. A.D.: P.J. Deichler

Athletic Trainer: Andrew Boortz

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Boys Volleyball 2019

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Varsity</u>	<u>J.V.</u>
Wed.	2/20	Cabrillo	CHS	6:00	5:00
Thursday	2/21	Coast Union	NHS	5:00	
Tuesday	2/26	San Luis Obispo	NHS	5:30	4:30
Tuesday	3/5	* Orcutt Academy	LJHS	5:30	
Thursday	3/7	* Pioneer Valley	NHS	5:30	4:30
Fri/Sat	3/8-9	SLO Tourney	SLOHS	TBD	
Tuesday	3/12	* Templeton	THS	5:30	4:30
Thursday	3/14	* St. Joseph	NHS	3:30	
Tuesday	3/19	Santa Ynez	SYHS	5:00	4:00
Thursday	3/21	* Mission Prep	NHS	5:30	4:30
Tuesday	3/26	* Santa Maria	SMHS	5:30	4:30
Thursday	3/28	* Orcutt Academy	NHS	5:30	
Tuesday	4/2	* Pioneer Valley	PVHS	5:30	4:30
Thursday	4/4	* Templeton	NHS	5:30	4:30
Tuesday	4/9	* St. Joseph	SJHS	5:30	4:30
Thursday	4/11	Coast Union	CUHS	5:00	
Tuesday	4/16	* Mission Prep	MCP	5:30	4:30
Thursday	4/18	* Santa Maria	NHS	5:30	4:30
Wed.	5/1	CIF TBD			

* League Contests

Head Coach: Olivia Snelson

Assistants: Kristian Lundberg and Jesse Sanford

Principal: John Denno

Athletic Director: Russ Edwards

Asst. Ath. Dir: P.J. Deichler

Athletic Trainer: Andrew Boortz

1/28/19