

**Grossmont High School Athletic Program**  
CIF Non-Contact Period  
and Start Dates 2017-18

**Summer CIF Non-Contact Period:**

All Athletic Programs - Non-Contact Period 7/15-29, 2017  
Exceptions - 6/10-24 Girls Cross Country and Boys Cross Country  
6/8-22 Boys Water Polo

**Grossmont Athletics 2017 Start Dates for Practices:**

**Football: August 1**  
**Girls Volleyball: August 1**  
**Boys Water Polo: August 1**  
**Boys & Girls Cross Country: August 7**  
**Girls Golf: August 7**  
**Girls Tennis: August 7**

**Grossmont Athletics 2017 Fall Practices TBD:**

**Cross Country-**

Boys: August 8-season 3:15pm-5:15pm *Oscar Talamantes*  
[otalamantes@outlook.com](mailto:otalamantes@outlook.com)

Girls: August 8-12 8:30am-10:30am; August 15-season 3:15pm-5:15pm Ross  
Bartell [rbartell@guhds.net](mailto:rbartell@guhds.net)

**Football-**     **Tom Karlo-Varsity**             [tkarlo@guhds.net](mailto:tkarlo@guhds.net)  
                  **Avelino Valdez-JV**             [usmc75.av@gmail.com](mailto:usmc75.av@gmail.com)  
                  Thursdays 3-5pm Stadium  
                  Friday - Game Day  
**Nino La Russa-Frosh**             [Nino@glsspray.com](mailto:Nino@glsspray.com)

**Varsity Aug.1-13 8-11am Stadium (M-Sat)**  
Starting Aug. 15 - Mondays 3-5pm Stadium  
Tuesdays 6:30-8:30pm Stadium  
Wednesdays 3-4:15pm Stadium

NEXT PAGE

Thursdays 3-5pm Stadium

Friday - Game Day

**Junior Varsity**

Aug. 1-13 4:30-7pm Stadium (M-Fri) 10am-12:30pm Stadium (Sat.)

Starting Aug. 15 - Mondays 4-6pm Stadium

Tuesdays 3-5pm Stadium

Wednesdays 3-5:30pm Lower Field

**MORE INFORMATION ON PAGE 2**

**Freshman –**

Aug. 1 - Athletic Clearance Only 7:30

Aug 2 - Gear Handout and Practice 2pm-6:30pm

Remainder of Summer Schedule TBD

Season Schedule:

Mondays and Tuesdays 4-6:30pm Lower Field

Wednesdays 4-6pm Stadium

Thursdays GAME DAY

Friday 3-5pm Lower Field

**Girl's Golf - John Neill [jneill@guhdsd.net](mailto:jneill@guhdsd.net)**

Aug. 8 – Season 3-5pm @ Sycuan

**Girl's Tennis - Hillary Park [hpark@guhdsd.net](mailto:hpark@guhdsd.net)**

Aug. 15 - 3 – 5pm Tennis Courts

**Boys Water polo - Clint McLaughlin [coachclint@yahoo.com](mailto:coachclint@yahoo.com)**

**Varsity**

August 8-12 Varsity M-W- F 8-10am and

6:30pm-8:30pm Tu-TH 6pm-9pm and Sat. 8am-11am

Starting on August 15- regular season Monday-Friday

Varsity 2pm-5pm

**Junior Varsity**

August 8-12 JV will practice 9:30am - 12:00pm on August 8th and 9th. Then the

10th, 11th, and 12th JV will practice from 4:30-7:00pm

Starting on August 15- regular season Monday-Friday

Junior Varsity 3pm-5:30pm

**Novice**

August 8-12 4pm-6:15pm

**Girl's Volleyball - Mike Manthei [Mmanthei73@yahoo.com](mailto:Mmanthei73@yahoo.com)**

Tryouts for all 3 levels will be 8/1-8/2 from 9-11am.

ONLY Varsity will practice from 8/3-8/5, 9-11am

8/8 Mon JV & Fr, 9-11

8/9 Tues JV & Fr, 9-11

8/10 Wed V & Fr, 9-11

8/11 Thurs V & Fr, 9-11

8/12 Fri All 3 Teams, 9-11

Starting 8/15 Mon JV & Fr will practice from 3-5, Varsity 5-7.