

### Mission Viejo High School - 2019 Summer Conditioning Schedule

	COACH	DATES	DAYS / TIMES	LOCATION	ADDITIONAL INFO	FEE
<b>BOYS' SPORTS</b>						
Baseball Varsity	Chris Ashbach Christophe.Ashbach@svusd.org	May 29 - Jul 10	Mon/Wed: 4pm-7pm	MVHS Varsity Baseball Field	Aliso Niguel League Various locations around County	\$150.00
Baseball JV	Chris Ashbach Christophe.Ashbach@svusd.org	May 29 - Jul 28	Mon/Wed: 1:30pm-4pm	MVHS Varsity Baseball Field	Aliso Niguel League Various locations around County	\$150.00
Baseball Incoming Freshman	Chris Ashbach Christophe.Ashbach@svusd.org	Jun 17 - Jul 26	Tue/Thur: 2pm-4pm; 4pm-6pm	MVHS Varsity Baseball Field	Aliso Niguel League Various locations around County	\$175.00
Basketball Varsity	Troy Roelen Troy.Roelen@svusd.org	May 29 - Jul 5	Mon-Fri: 8am-10am	MV Large & small gyms; various HS's on weekdays/weekends	M-F games at night and weekend tournaments	\$250.00
Basketball JV	Troy Roelen Troy.Roelen@svusd.org	Jun 17 - Jul 12	Mon-Fri: 10:15am-12pm	MV Large & small gyms; various HS's on weekdays/weekends	M-F games at night and weekend tournaments	\$250.00
Basketball Soph	Troy Roelen Troy.Roelen@svusd.org	Jun 17 - Jul 12	Mon-Fri: 8am-10am	MV Large & small gyms; various HS's on weekdays/weekends	M-F games at night and weekend tournaments	\$250.00
Basketball Freshman	Troy Roelen Troy.Roelen@svusd.org	Jun 17 - Jul 12	Mon-Fri: 10:15am-12pm	MV Large & small gyms; various HS's on weekdays/weekends	M-F games at night and weekend tournaments	\$250.00
Cross Country	Robert Belo CoachBelo@gmail.com	Jul 1 - Aug 19	Mon-Fri: 5:45pm-7:45pm Sat: 7:30am-9:30am	MVHS Track		\$375.00
Football Varsity	Chad Johnson Chad.Johnson@svusd.org	Jul 1 - Jul 19	Mon-Fri: 2pm-6pm	MVHS Stadium		\$325.00
Football Freshman	Chad Johnson Chad.Johnson@svusd.org	Jul 1 - Jul 19	Mon-Fri: 8am-11am	MVHS Stadium		\$250.00
Football Youth Camp	Chad Johnson Chad.Johnson@svusd.org	Jul 19 - Jul 21	Fri/Sat/Sun: 9am-12pm	MVHS		\$100.00
Soccer Returners	Roger Castle cast7489@cox.net	Jun 17 - Jul 17	Mon-Fri: 11am-2pm (Camp) Tue/Thur: 2pm-6pm (League)	Camp @ MVHS Summer League @ Capo HS	Capo Summer League @ Capo HS - Jun 19-Jul 27 12pm-5:30pm / 2 games per day	\$220.00
Soccer Freshman	Roger Castle cast7489@cox.net	Jun 17 - Jul 10	Mon-Fri: 8am-11am	MVHS - Soccer Field		\$220.00
Volleyball	Ryan Thurlow Ryan.Thurlow@svusd.org	Jul 15 - Jul 26	Mon-Fri: 8am-11am	MVHS Large Gym		\$150.00
Water Polo	Kevin Mitchell KMitchellWP@gmail.com	May 13 - Jun 6	Mon-Thur: 3pm-5pm	MVHS Pool		\$80.00
Water Polo Frosh/Soph	Kevin Mitchell KMitchellWP@gmail.com	Jul 8 - Jul 19 Aug 19 - Aug 23	Mon-Fri: 11:30am-2pm	MVHS Pool		\$190.00
Water Polo Varsity	Kevin Mitchell KMitchellWP@gmail.com	Jul 8 - Jul 19 Aug 12 - Aug 23	Mon-Fri: 9am-12pm	MVHS Pool		\$300.00

Register Online at <https://www.svusd.org/departments/community-services>

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	COACH	DATES	DAYS / TIMES	LOCATION	ADDITIONAL INFO	FEE
<b>GIRLS' SPORTS</b>						
Cross Country	Chase Frazier Diablotrack@gmail.com	Jul 15 - Aug 24 No practice Aug 5-10	Mon-Sat: 7:30am-9:30am	MVHS		\$300.00
Golf	Jonathan Wiemann wiemannomics101@gmail.com	Aug 12 - Aug 15	Mon-Thur: 10am-3pm	Lake Forest Golf Course		\$100.00
Lacrosse	Don Gordon Don@screfreshments.com	Jul 1 - Jul 24	Mon & Wed: 6:15pm-8:15pm	MVHS Stadium	League Participation - 'Aliso Attack' @ RSM Intermediate Jul 6, 13, 20, & 27 Time: TBD	\$160.00
Soccer	Kelly Anderson Kelly.Anderson@svusd.org	Jun 17 - Jul 18	Mon-Thurs 8am-10am	Camp @ MVHS Stadium Conditioning @ MVHS Stadium and Weight Room League @ Capo Valley HS	League @ Capo Valley HS Soccer Fields	\$150.00
Softball	Clint Watson coach.clint.watson@gmail.com	Aug 14 - Aug 16	Wed-Fri: 9am-2pm	MVHS Varsity Softball Field		\$75.00
Swimming	Theresa Sorenson mvhscoacht@gmail.com	Jun 17 - Jul 19 No Practice July 4th	Mon-Fri: 3pm-4:30pm	El Toro HS Pool		\$120.00
Girls Swim						
Weight Training	Theresa Sorenson mvhscoacht@gmail.com	Jun 17 - Jul 19 No Practice July 4th	Mon/Tues/Thurs: 8am-9am	MVHS Large Weight Room		\$45.00
Tennis	Mark Sabus Mark.Sabus@svusd.org	Jun 17 - Jun 27	Mon-Thurs: 7:30am-10am	MVHS Tennis Courts		\$100.00
Volleyball Returners	Brooke Marino (Nicholson) mvhsgirlsvb@gmail.com	Jul 8 - Jul 24	Mon-Fri: 11am-1pm (Weekends/Tournaments-TBD)	MVHS Large Gym	JV Scrimmages, OC Summer League, OC Varsity Summer Tournament (3 evening/weekend events) Location: Tesoro HS Dates/Times: TBD	\$280.00
Volleyball Incoming Freshman	Brooke Marino (Nicholson) mvhsgirlsvb@gmail.com	Jul 8 - Jul 19 Jul 25 & Jul 26	Mon-Fri: 1pm-3pm Jul 25 & Jul 26: 10am-12pm	MVHS Large Gym		\$120.00
Water Polo	Madeline Alexander MadelineAlexander001@gmail.com	Jun 3 - Jun 13 (MVHS) Jun 17 - Jun 27 (LHHS) Jul 1 - July 11 (MVHS)	Mon-Thur: 2pm-5pm	*See dates for location information	Aliso Scrimmages @ Aliso HS Time: TBD Jun 17 - Jul 5 Hard Core Cup Fresno, CA Time: TBD Jun 15-16	\$260.00

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