

2016 LJHS Fall Sports Start Dates!

If you have any questions, please contact the coaches directly.

Cross Country:

Monday, August 8th at 8:00am at De Anza Cove Parking Lot (Mission Bay)

Head Coach: Mandy Benham

mandyfrance@yahoo.com

Field Hockey:

Monday, August 8th at 4:00pm - 6:00pm at Muirlands Middle School

Head Coach: Lisa Griffiths

Gromit.surf@gmail.com

Football:

Monday, August 1st Site TBD Pending Construction

Freshmen: 2:00pm

Varsity/JV: 4:00pm

Head Coach: Matt Morrison

coachmmorrison@gmail.com

Girls Golf:

Monday, August 15th Time and Location TBD

Head Coach: Aaron Quesnell

aguesnell@sandi.net

Girls Tennis:

Monday, August 8th at 2:30pm at the LJHS Courts

Head Coach: Darice Carnaje

dgcarnaje@gmail.com

Girls Volleyball:

Wednesday, August 10th at 4:30pm-6:00pm at the LJHS Gym

Head Coach: Kelly Drobeck

drobeck1@yahoo.com

Boys Water Polo:

Monday, August 15th at 7:30am at Coggan Aquatic Center

Head Coach: Tom Atwell

tatwell@sandi.net