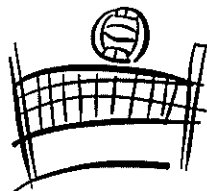


2019 ALTA SIERRA SPRING SPORTS

Athletic Director- Chrishansen@cusd.com



Boys Volleyball – kristinpena@cusd.com

Registration: Thursday, Jan. 31 in the gym at lunch time.

Tryouts: Feb. 4,5,6, - 7th 3-4:30pm, 8th 4:30-6pm



Boys Golf - EugeneShimizu@cusd.com

Tryouts: Jan. 30,31 & Feb. 4, 5,6,7, from 3-5 p.m. @ Valley Golf Center

Swim & Dive – Dougsoderstrom@cusd.com / leahbalch@cusd.com

SWIM- Feb. 4,5,6,7,8 from 3 -5pm at ASI's pool

DIVE- Feb, 4, 5,6,7,8 from 4:30- 6:30pm at ASI's pool

Baseball – chrismcgrady@cusd.com



Tryouts: 7th grade - Feb. 4,5,6 & 8th gr. - Feb. 6,7,8, from 3-5pm

Softball – chrishansen@cusd.com

Tryouts - Feb. 4,5,6 from 3-5pm

AT BUCHANAN SOFTBALL COMPLEX



Track - Dustinbeauchamp@cusd.com

Feb. 4,5,6,7,8 from 3 -5:00pm at the Alta Sierra Track

Boys Tennis – Dongrensted@yahoo.com

Tryouts: Feb. 4,5,6,7 from 3-5:00pm

Badminton- ireneteraoka@cusd.com

April 8-11 from 3-5pm -varsity tryout only / Jv - April 23 from 3-5pm

(spring break – apr 15-22- no practice)

All athletes are required to have a completed eligibility/health screen form turned in prior to starting tryouts or practices.