



Fall sports season begins August 9 for football and August 12 for all other fall sports

To be eligible to play sports please complete the following (specific details will be sent after May 1):

1. Clearance paperwork (physical completed and physician form signed and health information completed in Magnus, our online health system)
2. The sport registration form for the sports the student-athlete intends to play.

SPORTS PERFORMANCE STRENGTH & CONDITIONING

Summer

Mon.-Thu. 8-10 a.m. & 3-5 p.m.

June 3-June 28 (closed week of July 1)

July 8-July 26 (closed week of July 29)

August 5-August 23

Academic School Year

Mon.-Fri., 3:30-6 p.m.*

Aug.-June*

Strength and Conditioning/P.E. Classes offered during Periods 3, 4 and 7.

After School Fitness Class offered ONLY Fall semester

Tue./Thu. 5-6 p.m.

**Schedule subject to change due to team lifts and during holidays.*

Contact coach Lauren Brown if you are interested in using the weight room at lauren.brown@harker.org

BASKETBALL – BOYS

Summer league and open gyms run June 3-July 26.

BASKETBALL – GIRLS

Summer workouts and open gyms run June 3-July 26.

CHEERLEADING

Aug. 1-17: Tue./Thurs. 5-7 p.m.

In-season practice: Tue.-Thurs. 5-7 p.m.

Contact coach Chantell Rodriguez at chantell.rodriguez@harker.org

CROSS COUNTRY

Please contact coach Kevin Oliver at kevin.oliver@harker.org for information.

FOOTBALL

TBA - Details will be sent after May 1st

In-season:

Start of Season August 9

Practice Mon.-Fri. 4-6 p.m.

VOLLEYBALL

Open gym: June 10-July 24, Mon./Wed., 5-7 p.m., Athletics Center

Skills training: June 10-July 26, Mon./Wed./Fri., 11 a.m.-12 p.m., Athletics Center

Conditioning: June 10-July 26, Mon./Wed./Fri., 10-11 a.m., Weight Room

Week of July 1-5. No Open Gym, no skills, no conditioning.

WATER POLO

All genders: June 10-July 3, Mon.-Fri. 7-8:30 a.m.
Season begins Aug. 12.

Summer workouts: Please contact the coach with any questions.

ATHLETICS STAFF

Dan Molin, Athletic Director

dan.molin@harker.org

Alfredo Alves, Assistant Athletic Director

alfredo.alves@harker.org

Lauren Brown, Sports Performance

lauren.brown@harker.org

Wes Howard, Head Athletic Trainer, for clearance to play sports

wes.howard@harker.org

FALL COACHES

CHEERLEADING

Chantell Rodriguez: chantell.rodriguez@harker.org

CROSS COUNTRY

Kevin Oliver: kevin.oliver@harker.org

FOOTBALL

TBA

GOLF - GIRLS

Ie-Chen Cheng: ie-chen.cheng@harker.org

VOLLEYBALL - GIRLS

Theresa "Smitty" Smith: theresa.smith@harker.org

TENNIS - GIRLS

John Fruttero: john.fruttero@harker.org

WATER POLO - BOYS

Lee McBride: lee.mcbride@harker.org

Victor Adler (assistant coach): victor.adler@harker.org

WATER POLO - GIRLS

Cristian Tanase: cristian.tanase@harker.org

WINTER COACHES

BASKETBALL - BOYS

Alfredo Alves: alfredo.alves@harker.org

BASKETBALL - GIRLS

Daniza Rodriguez '13: daniza.rodriguez@harker.org

CHEERLEADING

Chantell Rodriguez: chantell.rodriguez@harker.org

SOCCER - BOYS

TBA

SOCCER - GIRLS

Joel Mthombeni: joel.mthombeni@harker.org

SPRING COACHES

BASEBALL

Mike Delfino: mike.delfino@harker.org

GOLF - BOYS

Ie-Chen Cheng: ie-chen.cheng@harker.org

LACROSSE - GIRLS

Lauren Brown: lauren.brown@harker.org

SOFTBALL

Raul Rios: raul.rios@harker.org

SWIMMING

Sachi Ujifusa: sachi.ujifusa@harker.org

TENNIS - BOYS

John Fruttero: john.fruttero@harker.org

TRACK & FIELD

Jerrald Belong: jerrald.belong@harker.org

VOLLEYBALL - BOYS

Mason Tufuga: mason.tufuga@harker.org

General questions? Email Dan Molin, upper school athletic director at dan.molin@harker.org



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