



Fall sports season begins August 6 for football and August 9 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

Summer

June 14-Aug. 14, Mon.-Thurs. (except closed June 28-July 2 & July 26-Aug. 1)

Veteran Individual/Team Sports Hours: Mon.-Thurs. 11 a.m.-2 p.m.

Rookie Individual/Team Sports Hours: Mon.-Thurs. 2-3 p.m.

Speed Training Hours: 3-4 p.m.

New To Strength Training? Contact Coach Powers directly for questions and Introductory Training Offerings

School year

August - June, Mon.-Fri., 3-5:30 p.m.

Additional Strength & Conditioning classes offered (schedule TBD)

BASKETBALL – BOYS

Summer league and open gyms start June 21.

BASKETBALL – GIRLS

Summer workouts and open gyms start July 6.

CHEERLEADING

Cheer tryouts: April 28-30 (in-person or via Zoom, TBD; please contact coaches for try-out information)

Final acceptance: Fri., May 14; Uniform fitting will be held in early June following commitment from members.

Mandatory home cheer camp (Harker campus): TBD (August); (Summer practices/conditioning beginning Mon., July 12 in preparation for camp)

CROSS COUNTRY

Summer Training: July 5-July 23, Mon., Wed., Fri., 9 a.m., site TBA.

Season begins Aug. 9.

FOOTBALL

7 on 7 June 14 - July 11, Mon.-Fri. 4:30-6:30 p.m.

Mandatory football practice: Aug. 6-20, Mon.-Fri. 3-6:30 p.m.

In-season football practice: Mon.-Fri. 5-7 p.m. (Aug. 23-Oct. 29).

VOLLEYBALL

Open gym (all genders): June 14-July 21, Mon., Wed. 5:30-7 p.m., upper school athletic center

Conditioning (girls teams): June 14-July 23, Mon, Wed., Fri., 10-11 a.m. upper school weight room; 11 a.m.-12 p.m. upper school athletic center

WATER POLO

All genders: June 14-July 9 Mon, Tues, Thurs 7-8:30 a.m.

Season begins Aug. 9.

Summer Workouts: Please contact the coach with any questions.

ATHLETICS STAFF

Dan Molin, Athletic Director

dan.molin@harker.org

Alfredo Alves, Assistant to Athletic Director

alfredo.alves@harker.org

Sports Performance, Coach Loren Powers

loren@staff.harker.org

Clearance to play sports: Head Trainer, Jaron Olson

jaron@harker.org

FALL COACHES

CHEERLEADING

Coach Angelina Metsers: angelinam@staff.harker.org

Assistant coach Amy Hauck: amy.hauck@harker.org

CROSS COUNTRY

Coach Mia Purnell: miap@staff.harker.org

FOOTBALL

Coach Loren Powers: loren@staff.harker.org

GOLF - GIRLS

Coach Ie-Chen Cheng: iechenc@staff.harker.org

VOLLEYBALL - GIRLS

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

TENNIS - GIRLS

Coach John Fruttero: johnf2@staff.harker.org

WATER POLO - BOYS

Coach: Ted Ujifusa

Assistant coach Victor Adler: victor.adler@harker.org

WATER POLO - GIRLS

Coach Allie Lamb: allie.lamb@harker.org

WINTER COACHES

BASKETBALL - BOYS

Coach Butch Keller: butch.keller@harker.org

BASKETBALL - GIRLS

Daniza Rodriguez: danizar@staff.harker.org

CHEERLEADING

Coach Angelina Metsers: angelinam@staff.harker.org

SOCCER - BOYS

Coach Jeff Baicher: jeffb@staff.harker.org

Assistant coach Mitchel Angeles: mitchella@staff.harker.org

SOCCER - GIRLS

Coach Iman Siadat: imans@staff.harker.org

SPRING COACHES

BASEBALL

Coach Mike Delfino: mike.delfino@harker.org

GOLF - BOYS

Coach Ie-Chen Cheng: iechenc@staff.harker.org

LACROSSE - GIRLS

Coach Tarin Tobin: tarint@staff.harker.org

SOFTBALL

Coach Raul Rios: raul.rios@harker.org

SWIMMING

Coach Tania Chadwick: taniac@staff.harker.org

TENNIS - BOYS

Contact Coach John Fruttero: johnf2@staff.harker.org

TRACK & FIELD

Coach Samantha Salfen: samantha.salfen@harker.org

VOLLEYBALL - BOYS

Coach Zac Mattson: zacm@staff.harker.org



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