



INFORMATION FOR THE CLASS OF 2030

1460 South Main Street, Walnut Creek , California 94596

LAS LOMAS HIGH SCHOOL ATHLETIC TEAMS

Please join us for our incoming student

SPORTS INFORMATION NIGHT

Monday, May 4th, 2026 at 7:30 PM in the Main Gym

Fall Sports:

Cross Country, Boys and Girls
Flag Football, Girls
Football, Boys
Golf, Girls
Tennis, Girls
Volleyball, Girls
Waterpolo, Boys and Girls

Winter Sports:

Basketball, Boys and Girls
Wrestling, Boys and Girls
Soccer, Boys and Girls

Spring Sports:

Baseball, Boys
Competitive Sport Cheer
Golf, Boys
Lacrosse, Boys and Girls
Softball, Girls
Swimming/Diving, Boys and Girls
Tennis, Boys
Track and Field, Boys and Girls
Volleyball, Boys
Beach Volleyball, Girls

- **General Information Meeting about High School Athletics**
- **Meet Coaches**
- **Receive summer and season information**

TO PLAY SPORTS AT LAS LOMAS, THE FOLLOWING IS REQUIRED:

COMPLETE A PHYSICAL EXAMINATION & SUBMIT THE REQUIRED FORMS

Provide proof of a physical examination given after June 1st must be on file for each school year. **NOTE:** Physical exams must be given AFTER June 1 for each upcoming school year. Students/Parents must complete AND be cleared through the SPORTSNET online registration process **before the first day of practice for a sport**. Go to the Las Lomas website—Athletics home page to begin the athletic clearance process **after June 1, 2026**.

MAINTAIN ACADEMIC ELIGIBILITY

Students are required to maintain satisfactory progress in course work to establish eligibility for participation in athletics. Entering 9-grade students must have at least a “C” (2.0) average in the last semester of 8th grade to be eligible to participate in fall sports at Las Lomas.

Summary of information from this meeting will be posted on the Las Lomas Athletics Web page.