Hello Students and CHS Families!!

As we get information from CHS coaches about summer dates/times/locations, it will appear here! **While you're waiting, be sure that you have completed your paperwork (physical must be completed after 4/1/26) at cerritoshs.us/athleticclearance/ so that you're ready.** You will not be able to practice or participate without your physical done and your paperwork being cleared! Don't wait until the last minute!

On the last page, there is a list of all of the names and emails of the coaches, athletic director, assistant principal, and athletic secretary.

Jump to your team/group:

- Badminton
- Boys Soccer
- Girls Soccer
- Boys Wrestling
- Girls Volleyball
- Boys Volleyball
- Aquatics
- Girls Golf
- Softball
- Boys Basketball
- Girls Basketball
- Boys Football
- Girls Flag Football
- Cross Country
- Cerritos Dance Team
- Baseball
- Pep Squad
- Boys Tennis
- Regiment of Gold
- Add your team here, coaches, if you weren't already on here

Badminton Tryouts

- **Dates: 8/24, 8/26, & 8/27 (all dates mandatory)**
- **Location: West Gym**
- **Time: 6:00-9:00 pm**
- **Athletic Clearance:** http://cerritoshs.us/athleticclearance/
- **Questions** - contact Jason Osako - josako89@gmail.com

Badminton Tryout Flyer 2026.pdf

Boys Soccer Summer Camp 2026
When: June 22-25 and June 29-July 2
Where: Soccer field next to the baseball field
Time: **900am-1100am**

The first step for students to participate in soccer tryouts is to complete the athletic packet which includes a physical (completed on 4/1/26 or after).
Once submitted, the packet will be reviewed by the office
If approved, the student will then be eligible to participate in tryouts/practice. NO EXCEPTIONS

The Athletic packet is submitted electronically, the link is below or can be found on the school website

Any current or incoming students interested in participating in the camp can attend

If you have any questions please contact Coach Whitfield at kj520364@gmail.com

Cerritos High School Online Athletic Clearance Procedures 2025-2026

Girls Soccer Tryouts 2026:

Girls Soccer Summer Camp will be held from July 8th - July 24th (8am - 10am). REGISTER HERE: https://forms.gle/tGiwJLuszY1bddsM6

This camp is designed to sharpen your skills with high-intensity drills to get you game ready. This will be a great opportunity to get seen by the coaching staff and meet the players on the team prior to the team tryouts in August.

*You must be athletically cleared in order to participate:
http://cerritoshs.us/athleticclearance/

What to Bring: Water, Cleats, Shinguards, Athletic Wear

Team Tryouts: August 18th - August 20th (3:30pm - 4:30pm)

Any questions, please email one of us: codymurdock91@gmail.com;
james.keating@abcusd.us, david.linsangan@abcusd.us

Boys Wrestling 2025
We take anyone that is interested in wrestling!

Our tryouts are staying for practice for 2 weeks to show you committed to the team.
We practice everyday after school until 5pm, then during season we practice until 530pm
Everyone regardless of grade, size, or experience will have a chance to compete.

We will be going from 3pm-530pm Monday through Thursday starting June 16, 2025. Contact Coach Peramaki with any questions: chs.boyswrestling@myabcusd.org

GIRL'S SOFTBALL 2025
Attention all girls interested in playing Softball. You will need to be cleared through Home Campus (go to cerritoshs.us/athleticclearance/ for instructions and links) prior to tryouts to be eligible. Reach out to Coach Steck if you have any questions.

AQUATICS TRYOUTS 2026



Girl's Volleyball 2026 - Full information here

Girls Volleyball Freshman/new student tryouts will be held on July 13th and 14th from 9-11am in the West Gym on campus.

Please complete and submit athletic clearance before the day of tryouts. Bring Athletic clothing and shoes as well as water.

Any players who can not make the tryout should reach out to coach Cuthbert at david.cuthbert@abcusd.us

Selected players will be invited to summer practices held Monday through Friday in the mornings beginning July 15th until school begins.



Boys Basketball 2026-2027:

Freshmen and New Athlete Tryout Information

WHO?

- ALL FRESHMAN BOYS
- Sophomore, Junior, and Senior Boys, who are NOT in 6th Period Basketball

WHAT DO YOU NEED?

1. APPROVED Athletic Clearance Packet
   - ➢ You must complete the athletic clearance packet online (which includes getting a physical, showing proof of insurance, and filling out all required forms) AND have it approved BEFORE you can try out.
   - ➢ 2026-2027 Athletic Clearance Packet: https://docs.google.com/document/d/1uO7AWi0VgI_yITFgupmi-zyokhcFR0yN69h9lu2BNNs/edit?pli=1&tab=t.0
   - ➢ NOTE: Those who make the team will need to pay an Athletics Transportation Fee ($175 with an ASB card). Purchasing an ASB card is highly recommended.
2. SIGNED 2026-2027 Commitment Form
3. Cerritos Dons Boys Basketball practice gear or a T-shirt and shorts, and basketball shoes. Ankle braces are highly recommended.
4. Please, do NOT bring a basketball.

TRYOUT DATES AND TIMES

Monday, August 17	3:30PM-4:30PM (East Gym/West Gym)*
Monday, August 31	3:30PM-4:30PM (East Gym/West Gym)*

* Dates and times are tentative and subject to change due to gym availability.

WHAT ARE WE LOOKING FOR?

1. Dedication
2. Discipline
3. Determination
4. Grades and Merits
5. Ability and Potential

"Success is a choice. Deserve it through hard work and dedication."

Girls Basketball 2026/2027:

Freshmen and New Athlete Tryout Information

WHO CAN TRYOUT?

- **ALL** FRESHMEN GIRLS
- Sophomore, Junior and Senior Girls, who are new to the program and NOT enrolled in 6th Period Basketball

WHAT DO YOU NEED?:

- **APPROVED Athletic Clearance for the 2026/2027 School Year**
  - ➢ You must complete the athletic clearance packet online (which includes getting a physical, showing proof of insurance, and filling out all required forms) AND have it approved BEFORE you can try out.
  - ➢ 2026-2027 Athletic Clearance Packet:
    (See www.cerritoshs.us – click on the "Athletics" Tab)
  - ➢ NOTE: Those who make the team will need to pay an Athletics Transportation Fee ($175 with an ASB card). Purchasing an ASB card is highly recommended.
- SIGNED 2026-2027 Commitment Form

- Practice attire: T-shirt, shorts, and basketball shoes. Ankle braces are highly recommended.
- Please, do NOT bring a basketball.

TRYOUT DATES AND TIMES:

Monday, August 17 4:30PM-6:30PM (West Gym)
Monday, August 31 4:30PM-6:30PM (West Gym)
* Dates and times are tentative and subject to change due to gym availability.

WHAT WE ARE LOOKING FOR:

- Dedication
- Discipline
- Determination
- Potential
- Coachable

"Play Hard, Play Smart, and Never Give Up! Play for each other!"

Football

Summer Packet - coming soon, practice starts in mid-June. Get cleared before you show up. cerritoshs.us/athleticclearance
Link to website: cerritoshs.us/football/

Girls Golf 2025
Date and time:



Baseball 2025

Contact Coach Chs.baseball@myabcusd.org

More information about this will be posted later.

All participants must be athletically cleared Athlete Clearance Packet

RSVP to the email above.

Cross Country 2026

Athlete Clearance Packet

Cross country begins summer training on July 6th at 6:15am at the back of the 183rd parking lot.

PRACTICE TIMES:

- **Monday - Friday 6:15AM - 8:30AM**

WEIGHT ROOM:

- **Monday - Friday - TBA**

OPTIONAL AFTERNOON PRACTICE (SPACE IS LIMITED):

- **Tuesdays - Various Sites - TBA**

OPTIONAL SATURDAY PRACTICE (SPACE IS LIMITED):

- **Saturdays - Various Sites - TBA**

WHAT YOU NEED?:

- **OFFICIALLY ENROLLED at Cerritos High School for the 2026/2027 school year.**
- **APPROVED Athletic Clearance for 2026/2027 (See www.cerritoshs.us – click on the "Athletics" Tab)**
- **NOTE: Athletic Clearance includes completing an Annual Physical (APRIL 2026 or later)**

Athletes should be ready to run. Athletic Shoes, water and a towel is highly recommended.

For questions, please send an email to chs.crosscountry@myabcusd.org.

ALL PRACTICE DATES AND TIMES ARE SUBJECT TO CHANGE!

Cerritos Dance Team - Please email: CerritosDT@gmail.com for more information

Boys Volleyball Tryouts 2025

Cerritos High School Boys Volleyball Tryouts!
Are you ready to spike, set, and dig? Come show us what you've got!

CERRITOS HIGH SCHOOL
BOYS VOLLEYBALL TRYOUTS

DATES, TIME & LOCATION

Tuesday, September 1st & Wednesday, September 2nd

5:00 PM | West Gym

*Please arrive 15 minutes early for check-in (4:45 PM)

1. MANDATORY ATHLETIC CLEARANCE

All athletes **must** be fully cleared prior to stepping on the court. No exceptions.

- **Home Campus Clearance:** Complete your athletic clearance online at **HomeCampus.com**.
- **Athletic Physical:** A current, completed Athletic Physical form must be uploaded and approved on Home Campus before September 1st.

2. WHAT TO BRING & WEAR

- **Attire:** Athletic T-shirt, athletic shorts, and athletic/court shoes.
- **Gear:** Knee pads (optional but recommended), water bottle, and a positive, ready-to-work attitude.

3. PROGRAM EXPECTATIONS

We are looking for dedicated student-athletes!
Our program values effort, teamwork, discipline, academic focus, and commitment to excellence both on and off the court.

***Please Note:** Returning players are not guaranteed a roster spot and must earn their place through the tryout process.

Go Dons!

David Honda — Director of Cerritos High Boys Volleyball
Cameron Kingkeo — Varsity Head Coach
Andrew Chan — JV Head Coach
Email: david.honda@abcusd.us

When: September 1st and 2nd

5:00 PM - 7:00 PM

Where: Cerritos High School West Gym

Important:

You must complete the Cerritos High Athletic Clearance process to try out. You can find all the necessary information and forms on the Cerritos High website.

Please attend the beginning-of-the-year information meeting.

What to Wear: Please come prepared in athletic wear, including:

- Athletic shorts
- Athletic shoes
- A t-shirt

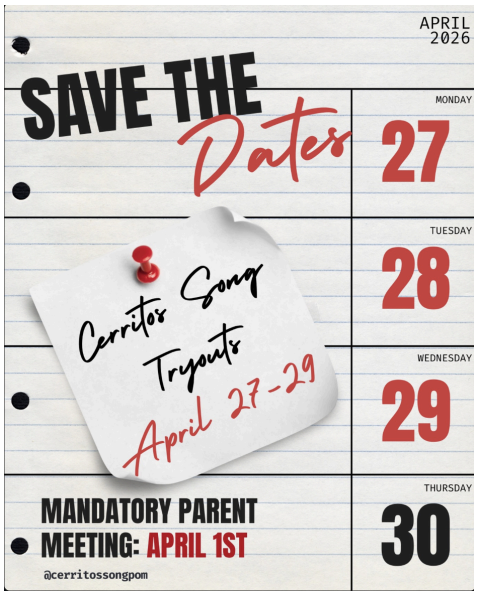
If you have any questions, please contact Coach Honda at david.honda@abcusd.us.

Good luck to all the athletes!

Girl's Flag Football 2026

Pep Squad (Cheer & Song)
START YOUR APPLICATION NOW!
See detailed info on our webpage: cerritoshs.us/pepsquad

Tryout Clinics (Mandatory): April 27th, 28th, and 29th from 5PM -7:30PM.
Parent Meeing 4/1



Boys Tennis 2025
Contact Coach Ashish: chs.boystennis@myabcusd.org

Boys Tennis tryouts will take place after school from 3:30pm-5:30pm on the first Friday of the school year. All players trying out are required to bring proof of athletic clearance completion, a racket, and appropriate athletic clothing. Prior exposure and experience playing tennis is highly encouraged, but players who show a passion and commitment to improving are also valued.

CHS's Award Winning Regiment of Gold
More information coming soon

Parents, if you can't get a hold of a coach, please contact the admin or athletic directors! :)

Cerritos High School Athletics
Head Coach Contacts

Please contact the Athletic Department if you cannot contact a coach

School Phone # - 562.926.5566

Asst. Principal/Athletics	*Athletic Director*	*Athletic Secretary*	*ASB/Financial Clerk*
Dr. Tom Flores	Todd Denhart	Ana Herrarte	Jessica Corona
x21807	x21808	x21825	x21809
thomas.flores@abcusd.us	todd.denhart@abcusd.us	ana.herrarte@abcusd.us	jessica.corona@abcusd.us

FALL

Football
Demel Franklin
demel.franklin@abcusd.us

Cross Country
Jason Watanabe
jason.watanabe@abcusd.us

Golf - Girls
Paul Park
paul.park@abcusd.us

Sideline Cheer
Britni Rebollar
britni.rebollar@abcusd.us

Water Polo - Boys
Ian Richards
ian.richards@abcusd.us

Volleyball - Girls
David Cuthbert
david.cuthbert@abcusd.us

Tennis - Girls
Haena So
chs.girlstennis@myabcusd.org

Flag Football
Brittany Goodin
brittany.goodin @abcusd.us

WINTER

Basketball - Boys
Jonathan Watanabe
jonathan.watanabe@abcusd.us

Basketball - Girls
Marcus Chinen
mchinen55@gmail.com

Wrestling - Boys
Robert Peramaki
chs.boyswrestling@myabcusd.org

Wrestling - Girls
David Aragon
davidaragon1297@gmail.com

Water Polo - Girls
Ian Richards
ian.richards@abcusd.us

Soccer - Boys
Brent Whitfield
714.809.2922

Soccer - Girls
Cody Murdock
codymurdock91@gmail.com

Competitive Cheer
Britni Rebollar
britni.rebollar@abcusd.us

SPRING

Baseball
Matt Joyce
chs.baseball@myabcusd.org

Softball
Michelle Steck
michelle.steck@abcusd.us

Volleyball - Boys
Cameron Kingkeo
chs.boysvolleyball@myabcusd.org

Track & Field
Jason Watanabe
jason.watanabe@abcusd.us

Golf - Boys
Paul Park
paul.park@abcusd.us

Tennis - Boys
Ashish Sandhu
chs.boystennis@myabcusd.org

Swimming
Ian Richards
ian.richards@abcusd.us

Badminton
Jason Osako
josako89@gmail.com