

SPRING SPORTS BEGIN on FEBRUARY 10th:

Athletes must be cleared to participate

Baseball, Badminton, Crew, Softball, Boys and Girls Lacrosse, Boys Golf, Boys Tennis, Boys and Girls Swimming and Diving, Boys and Girls Track and Field, and Boys Volleyball

Your most important resource is our WEBSITE...BOOKMARK IT!

...and follow us on [Twitter](#) and [Instagram](#)

TRYOUTS: Athletes must be REGISTERED and CLEARED to participate in tryouts/practices. We've begun clearing!

All athletes must register online through our online registration system called Home Campus. To register, go [HERE](#).

- Tryouts begin on Monday February 10th and continue all week.
- Some sports will make cuts early in the week. Plan to come every day, all week.
- Detailed tryout information will be sent out and 1-2 weeks before tryouts
- **Please register on Home Campus by February 7th!**
 - Physical/Medical Clearance forms can be downloaded from the [Athletic's registration website](#) or by clicking [HERE](#) (you don't have to use our form - any signed, dated, and stamped "pre-participation" physical form will suffice)
- You may register on Home Campus NOW with or without the doctor's clearance (you can go back and upload that physical form later, before tryouts)

Important information about Spring Sports pre-season:

Baseball:

- Weightroom: Tues/Wed/Fri 3:45-4:40
- Open field: Mon/Thurs 4PM (weather permitting) @Moellering Field (Derby/Milvia)
- If you are interested in learning more about baseball, contact Coach Matt Cord (matthewcord@berkeley.net)

Badminton:

- Weightroom (with boys volleyball): Wednesdays 6:15-7 and Fridays 4:45-5:15
- Open gyms: 1/14, 1/21, 1/28, 1/31, 2/4, 2/7 in the Jacket Gym after school
- If you are interested in learning more about badminton, contact Coach Kyle Hayden (kylehayden@berkeley.net)

Crew:

- Crew is transitioning from a club sport in the fall to a BHS sport in the spring. The deadline for joining is the 1st week in Feb due to the learning curve and the start of racing season.
- For all current crew club athletes: please check your physical in Home Campus. Any physicals that expire before June will not make it through the season; you will need a new physical.
- If you are interested in learning more about the crew team, you can visit current club land practices at the Athletic Plaza and workout or speak with the coaches. The Boys team practices Tues 4-6 & Fri 4:00-5:30pm (followed by weight training) and Girls team Mon & Thurs 4-6:00pm (followed by weigh training)
- You can also contact Girls Coach Marie Jones (marie@berkeleyhighcrew.org) or Boys Coach Leon Maurer (leon@berkeleyhighcrew.org)

Softball:

- Weightroom: Mondays 5:10-5:55 and Wednesdays 5:30-6:15
- Open field: Tue/Thurs 4:15-5:30pm
- If you are interested in learning more about softball, contact Coach Jason Kaneko (jkcma5@gmail.com)

Boys Lacrosse:

- Weightroom: Tues 5:30-6:15 and Thurs 5:10-5:55
- Player-run "Captains' practices" Tues 4-5pm
- If you are interested in learning more about boys lacrosse, contact Coach Jerem Stothers via text message at 415-990-8651

Girls Lacrosse:

- Weightroom: Monday 4:25-5:10 and Wed 4:45-5:30
- If you are interested in learning more about girls lacrosse, contact Coach Michaela Guerrero (michaelaguerrera@gmail.com) or JV Coach Megan Potmesil (meganpotmesil@berkeley.net)

Golf:

- If you are interested in learning more about boys golf, contact the athletic directors (athleticdirector@berkeley.net) with your contact information and they will connect you with Coach Ahmad Dilliehunt

Boys Tennis:

- If you are interested in learning more about boys tennis, contact Coach Jeff Jue (jefferyjue@comcast.net)

Swimming and Diving (boys and girls)

- Open swim at the pool; bring a towel, goggles, etc. 4pm-6pm on 1/31, 2/3, 2/5, 2/7
- If you are interested in learning more about **SWIMMING**, contact jacketsswim@gmail.com
- If you are interested in learning more about **DIVING**, contact: Derek Douglas (derekdouglas@sonic.net)

Track and Field (boys and girls):

- Weightroom: Mon-Thurs 7-7:45, Friday 6:15-7pm
- Conditioning: Mon-Fri 5pm
- If you are interested in learning more about track and field, contact Coach Brad Johnson (BradleyJohnson2@gmail.com)

Boys Volleyball:

- Weight room (with badminton):: Wednesdays 6:15-7 and Fridays 4:45-5:15:
- Open Gym:
 - In the M gym at 4pm: 1/9, 1/17, 1/23, 1/24, 2/5
 - In the Donahue gym at 4pm: 1/29, 2/7
- If you are interested in learning more about boys volleyball, contact Coach Azariah Hill (hillazariah69@gmail.com)

GO JACKETS!!!