

Athletic Programs Offered at Northwood High School

Northwood is a member of the Pacific Coast League which includes Beckman, Corona del Mar, Irvine, University, and Woodbridge High Schools.

Northwood's athletic schedules can be found on the NHS website (www.northwoodhigh.org). See Athletics and then Schedules.

The sports calendar is divided into three seasons—Fall, Winter and Spring.

Fall sports include Cross Country, Football, Girls Golf, Girls Tennis, Girls Volleyball and Boys Waterpolo. Football and Cross Country start in mid-August and the other sports start right as the school year begins. The season runs through early November.

Winter sports include Boys and Girls Basketball, Boys and Girls Soccer, Girls Waterpolo and Wrestling. The season runs from the end of November through mid-February.

Spring Sports include Baseball, Boys Golf, Boys and Girls Lacrosse, Swim (co-ed), Track and Field (co-ed), Boys Tennis, and Boys Volleyball. The season runs from late February through early May.

Some sports offer off-season programs for students who wish to participate. Those students who are in sports that do not offer off-season classes will be enrolled in co-ed PE until their PE credits are fulfilled.

COURSE TITLE	TRY-OUTS
FALL SPORTS:	
Boys & Girls Cross Country	Yes – Must meet minimum
Girls Tennis	Yes
Girls Volleyball	Yes
Girls Golf	Yes
Boys Water Polo	No
Football	No
WINTER SPORTS:	
Girls Basketball	Yes
Boys Basketball	Yes
Boys Soccer	Yes
Girls Soccer	Yes
Girls Water Polo	No
Wrestling	No
SPRING SPORTS:	
Boys & Girls Track & Field	Yes – Must meet minimum
Boys & Girls Swimming	Yes
Softball	Yes
Baseball	Yes
Golf	Yes
Boys Tennis	Yes
Boys Volleyball	Yes
Pep Squad	Yes
Boys Lacrosse	Yes
Girls Lacrosse	Yes

An athlete qualifying for an “In-Season Team Sport” will be added to Athletics for period 7 and 8 when the coach gives a team roster is given to the Assistant Principal or the counseling department.

An athlete qualifying for a future sport that offers an off-season in periods 7 and 8 can add it providing the change does not impact the master schedule. (In some cases a qualifying spring sport athlete must wait until the start of quarter 3 before entering his or her sport. Counselors will not overload class maximums to accommodate an Off Season athlete.)

Attendance to all games and practices for off-season or season play is mandatory. Any absences must be reported to the Attendance Office (949-936-7201) and must be cleared by a parent within three days or detentions will be issued, as is the case for all classes at NHS.

Notifying a coach of an absence does not substitute for calling the Attendance office. It is the responsibility of the student and parent to notify the Attendance Office.

Summer Skills Camps

Northwood High School offers a Summer Skills Camp for most of the sports played during the year. The camps are offered to all high school athletes and are purely recreational and voluntary. Attendance is encouraged but not required. Participation in the camps is not offered for credit and is not a prerequisite for equal access to participate in athletics during the school year. ANY QUESTIONS ABOUT THE SUMMER CAMP OR THE SPORT IN GENERAL SHOULD BE DIRECTED TO THE COACH. THE E:MAILS OF ALL COACHES ARE INCLUDED ON THE BACK OF THE SUMMER CAMP REGISTRATION.

Paperwork Needed for All Sports

All athletes must have a High School Athletic Consent Form completed and signed by a parent. The back of this form is the Pre-Participation Exam Form which must be completed and signed by a parent (Section A) and a Physical Exam (Section B) completed and signed by a Healthcare Provider. This must be updated every twelve months for the student to participate in a sport. Yellow Emergency Cards must be filled out and given to the coach who will keep it for the entire season. Athletic Code and Concussion Information forms must be read and signed by both parent and student each school year.

ANY INJURY, CONCERN OR QUESTION REGARDING A HEALTH CONDITION RELATING TO ATHLETIC PARTICIPATION MUST BE BROUGHT TO THE ATTENTION OF NORTHWOOD'S ATHLETIC TRAINER, ANDY SEPULVEDA. It is imperative that any sports related injury/condition be brought to her attention.

Questions about practice schedules and times should be directed to the individual coaches. Changes in times or locations do occur and coaches will provide that information to the athletes. If there is any confusion, please feel free to contact the coach.

Athletic Awards for Varsity Players

Varsity players will receive a Varsity patch at the end of their first season. They will receive a bar for each subsequent year completed on the Varsity team. A player completing a season as a Varsity player in a second sport will receive a Multi-Sport patch. For each subsequent season they will receive a Multi-Sport certificate. Student athletes in Grades 10, 11 and 12 will receive a Scholar Athlete Patch if their Total Weighted GPA (total of all grade levels thus far) is 3.5 or higher. Each year after that, they will receive a Scholar Athlete Certificate if their Total Weighted GPA remains 3.5 or higher.

Any student who has questions about award certificates or patches should see the Athletic Secretary in Student Services (main office).

Sports offered at Northwood High School

Baseball: Is a Spring sport but it is offered as a year round program. Players are able to participate in Summer, Fall, Winter and Spring programs. In addition to structured league games, an off-season baseball is taught during 7th and 8th period during the normal school year. Baseball fields Varsity, Junior Varsity, and Frosh-Soph teams. Baseball is a try-out sport. For information, contact the Coach Rob Stuart at Robstuart@iusd.org.

Boys Basketball : Is a Winter sport that offers three levels of play. Off-season programs run in Fall and Spring. Summer basketball is when evaluation of talent begins for the lower levels teams, so it is recommended. Tryouts for new players will take place in October. Please contact Coach Tim O'Brien at Timobrien@iusd.org with further questions.

Girls Basketball: Is a winter sport and offers Varsity and JV levels of play. Off-season programs run in Fall and Spring. Please feel free to contact Coach Amanda Sims at amandasims@iusd.org.

Cross Country: Is a Fall sport. Cross Country is a co-ed distance program that consists of three mile races over a variety of surfaces including grass, dirt trails, hills, sand, etc. Runners of all abilities are encouraged to join; requirements are dedication and a strong desire to succeed. Certain time trials must be met in order to participate. Mandatory practices begin in mid-August, along with a highly recommended summer camp program that begins in mid-July. Cross Country season begins in early September through mid-November. Time trials will be conducted as well the last week of August. Cross Country meets are held primarily on Thursdays and Saturdays. For more information, please feel free to contact Coach Charles Gates at Charlesgates@iusd.org.

Football: Is a Fall sport. The Northwood football program is a “no cut” sport and is played from late August until the middle of November. The football program offers three levels of competition: Freshman, Junior Varsity and Varsity. Season practices begin in late August and run approximately 2 weeks prior to the beginning of the season. Games are held one day a week at and practices are held the remaining days. Lower level games start at 3:15pm and Varsity games at 7:00 pm. The lower level home games are played on the Northwood High School campus. Varsity games are played at the Irvine Stadium. Contact Coach Dean Toohey at Deantoohey@iusd.org for additional information.

Boys Golf: Is a Spring sport. This is a competitive “cut” sport. Varsity is the only level of golf that is offered. Oak Creek Golf Club is Northwood’s home course. For more information, please contact Coach Tim O’Brien at Timobrien@iusd.org.

Girls Golf: Is a Fall sport. The Northwood Ladies Golf program has experienced great success since the school opened and is firmly committed to continuing its athletic excellence.

Sportsmanship, integrity, and passion are hallmarks of NHS Golf and should you wish to join this great group of people, you will be heartily welcomed and challenged to be your absolute best in all you do. The Girls Golf program runs from early September through the end of October. Oak Creek Golf Club is Northwood’s home course. For more information, please feel free to contact Coach Zach Halop at ZachHalop@iusd.org.

Boys Lacrosse: Is a Spring Sport. Currently Lacrosse has a Varsity Boys team. Players of all abilities are encouraged to join. Tryouts will be held in early spring. Come join this new and exciting sport. For more information about Boys Lacrosse you can contact Coach Zeff Dena at zeffdena@iusd.org.

Girls Lacrosse: Is a Spring Sport that currently fields a Varsity and Junior Varsity level. Please contact Athletic Director Phil Roh at philemonroh@iusd.org.

Boys Soccer: Is a Winter sport. The program has three levels of competition, Varsity, JV and Frosh/Soph. For more information, you can contact Coach Tom Lancaster at 1coachlancaster@gmail.com.

Girls Soccer: Is a Winter sport. The Northwood Girls Soccer program consists of three levels (Varsity, Junior Varsity & Frosh/Soph). Mandatory practices begin in late October. If you have any questions, comments, or just need more information please feel free to contact Coach Cory Dilbeck at corydilbeck@gmail.com.

Softball: Is a Spring sport that runs from mid-February through mid-May. Girls Softball consists of a Varsity and Junior Varsity program. An off-season program is available two days a week for those girls who do not participate in another sport. It runs from the beginning of the school year until the actual start of the season in February. Students or parents with any questions should feel free to contact Coach Blair Ota at northwoodota@gmail.com.

Swim Team: Is a co-ed Spring sport. The high school swim season begins in mid-February and ends in mid-May. Swimmers compete in the competitive strokes: butterfly, back, breast, freestyle and four team relays. Swim meets typically last three hours once a week, with practices the rest of the week. Tryouts for incoming Freshmen and newcomers to the team will be held one week prior the beginning of the season. Returning swimmers

will have tryouts at the end of the first week of the season. For more information, please contact Alex Nieto at alejandronieto@iusdorg. More information can be found at www.northwoodswimming.blogspot.com.

Girls Tennis: Is a Fall sport that runs from early September until early November. Tennis is competitive as both an individual and team sport and the girls involved generally enjoy the experience immensely. Varsity and JV levels are offered, and if enough students are interested, a Frosh-Soph level may be added. For more information, you can contact Coach John Tichy at jtichy11@cox.net.

Boys Tennis: Is a Spring sport that runs from mid-February until early May. Northwood tennis is an extremely competitive team and individual sport. We require Varsity and encourage Junior Varsity players to participate in local tournaments to aid in their development and competitive skills. Altogether, the tennis team experience is one that the students will both enjoy and learn from enabling them to become life-long tennis players. For more information, you can contact Coach John Tichy at Jtichy11@cox.net.

Track & Field: Is a co-ed Spring sport requiring a try-out that runs from mid-February until early May. There are different levels of teams on Track & Field. It is both an individual and a team sport and there are plenty of opportunities to participate in the various League and non-League meets. There is no summer camp for Track & Field. For more information, please contact Coach Louie Muniz Lmuniz_sahs@yahoo.com.

Boys Volleyball: Is a Spring sport that runs from mid-February through early May. Tryouts for the Freshman team are in early to mid-February. Players practice Monday - Friday for 2 hours after school and play in 1-2 matches a week.

For more information, please contact Coach Brandon Emery at Brandonemery@iusd.org.

Girls Volleyball: Is a Fall sport that runs from early September through early November. Tryouts for the Freshman team are in late August with make-up tryouts available afterward. Once school resumes, players practice Monday - Friday for 2 hours after school and play in 1-2 matches a week. For more information, please contact Coach Brandon Emery at brandonemery@iusd.org.

Boys Water Polo: Is a Fall sport running from early September through mid-November. Mandatory practices for boys begin in mid-August. Girls' Waterpolo begins mandatory practices in mid-November. For more information contact Coach Kyle Kime at Kyle.kime@gmail.com.

Girls Water Polo: Is a Winter Sport and mandatory practices begin in mid-November. There is an off-season Girls Waterpolo program in the fall that meets either in the mornings before school or after school. For more information contact Coach Kyle Kime at Kule.kime@gmail.com.

Wrestling: Is a no-cut Winter sport. It is both an individual and team sport at the same time. Wrestling season starts in mid-November and runs through February. Students wrestle at three different levels of competition (Varsity, JV and Frosh/Soph.). For more information, please contact Athletic Director Phil Roh at Philemonroh@iusd.org.