

## ATHLETICS

Congratulations, Future Marauders!

Since 1963, Jesuit has enjoyed an illustrious history of athletic competition in the Sacramento area. We would like to invite you to consider becoming a part of our legacy. Participation in athletics brings individual confidence and camaraderie while teaching life-long lessons. We encourage you to get involved early! If you are interested in taking part in a Fall Sport, please review the important information below.

PLEASE NOTE: ALL FALL FRESHMAN SPORTS ARE NON-CUT.

### To Get Started:

1. **ATHLETIC REGISTRATION**—incoming Freshmen who choose to participate in any sport at Jesuit **MUST complete online registration: FINAL FORMS by June 30, 2019.** Create a parent account and student account at [jesuiths-ca.finalforms.com](http://jesuiths-ca.finalforms.com) to fill out all the required forms.
2. Incoming Freshmen who choose to participate in **Fall Sports** must return the **Pre-Participation Physical to the Main Office by July 19, 2019.** It cannot be uploaded to Final Forms.
3. All other incoming Freshmen must return the **Pre-Participation Physical to the Main Office by July 31, 2019.**
4. Free physicals are available on campus at our **Athletic Physicals Night on June 18, 2019, at 6:30 p.m.,** in the Harris Center, or you may complete a sports physical with your personal physician.
5. Visit the Jesuit Athletics page at [jesuithighschool.org/athletics](http://jesuithighschool.org/athletics).

| CROSS COUNTRY   |  |                          |                                  |
|---|--|--------------------------|----------------------------------|
| Head Coach: Walt Lange<br>Email: <a href="mailto:walt.lange@jesuithighschool.org">walt.lange@jesuithighschool.org</a>                 |  |                          |                                  |
| Event   | Date   | Time                     | Location                         |
| Parent Orientation Meeting  | June 9   | 7:00 p.m.                | Alumni Hall 102 (AH 102)         |
| Summer Conditioning   | June 10-July 19                                | 6:30 a.m.                | American River Drive parking lot |
| First Day of Practice   | August 5                                       | 6:30 a.m.                | Alumni Hall 101 (AH 101)         |
| FOOTBALL  |  |                          |                                  |
| Head Freshman Coach: Phil Nuxoll '83<br>Email: <a href="mailto:phil.nuxoll@jesuithighschool.org">phil.nuxoll@jesuithighschool.org</a> |  |                          |                                  |
| Event   | Date   | Time                     | Location                         |
| Parent Orientation Meeting  | July 25  | 6:15 p.m.                | Harris Center                    |
| Summer Conditioning   | June 17-July 18                                | 4:00-6:30 p.m. Mon-Thurs | See team page for details        |
|   | <i>Weights &amp; Conditioning start July 8</i> |                          |                                  |
| First Day of Practice   | July 29  | TBD                      | See team page for details        |
| WATER POLO  |  |                          |                                  |
| Head Coach: Zac Koerner<br>Email: <a href="mailto:zac.koerner@jesuithighschool.org">zac.koerner@jesuithighschool.org</a>              |  |                          |                                  |
| Event   | Date   | Time                     | Location                         |
| Summer Conditioning   | August 13-16                                   | 3:15-4:45 p.m.           | Pool                             |
| First Day of Practice   | August 20                                      | 2:30-4:30 p.m.           | Pool                             |