

You will not be able to practice until you provide a completed [Athletic Clearance Form](#) to your coach at the first practice.
 The [Athletic Clearance Form](#) can be printed from the claremonthigh.net website.

sport	1st day of practice	practice schedule	practice location	coach	contact coach	comments
Boys Water Polo	8/24/2009	4-7pm	CHS Pool	Bill Johnson	(909) 904-9803	
Cross Country	8/24/2009	7-9am	South parking lot	Rob Lander	cell phone (626) 372-4871	meet by marquee on Indian Hill
Football Varsity, JV, Frosh	8/24/2009	7:30 am & 5-8 pm	CHS stadium	Mike Collins	624-9053 ext 30430	
Girls Volleyball Varsity	8/24/2009	8-10am & 1-3pm	East gym	Chris McDermott	cell phone (909) 240-0704	
Girls Volleyball JV	8/24/2009	8-10am & 1-3pm	West gym	Austin Meador	cell phone (909) 240-0704	
Girls Volleyball Frosh	8/24/2009	10am-noon & 3:30-5:30pm	East gym	Rick Capalby	cell phone (909) 240-0704	
Girls Tennis	8/24/2009	5pm	CHS tennis courts	Adolphus Payne	624-9053 ext 30415	
Girls Golf	8/24/2009	9am	Claremont GC	Don Taylor	cell phone (909) 732-1344	Claremont GC is across the street from campus

If you have questions, you may contact Athletic Director, Rick Dutton, at rdutton@chsmail.claremont.edu or on cell (909) 262-8357