



LUTHERAN HIGH SCHOOL ATHLETICS

Rachelle Robbins - Athletic Director

Dylan Johnson - Assistant Athletic Director

Bill Brandsma - Assistant Athletic Director/Coaching Development

Becki Whittaker - Sports Information Director/Athletic Secretary

SPRING SPORTS MEETING

MONDAY FEBRUARY 12th - 7:00 PM

<https://www.lhsparker.org/spring-sports-info>

<https://www.lhsparker.org/golions>

LuHi ATHLETICS OVERVIEW

2022-2023 Season

- **Over 540 of Lutheran Students (59%) participated in a sport last year**
- **Approximately 120 students participate in 2 sports**
- **Approximately 40 students are 3rd and 4th sport athletes**
- **Added JV Softball, JV Cheer and a Developmental Baseball Team last year (2022-2023 season).**
- **LuHi Athletics moved to 4A for the 2022-2023 school year and are a part of the Pikes Peak Athletic League.**
- **120+ 1st Team Academic All State Athletes (GPA 3.6 or higher)**
- **30+ Honorable Mention Academic All State Athletes (GPA 3.30 - 3.59)**
- **20+ All State Athletes 100+ All Conference Athletes 6 Coach of the Year**

PIKES PEAK LEAGUE



CHEYENNE MOUNTAIN



LUTHERAN



AIR ACADEMY



PALMER RIDGE



LEWIS PALMER



DISCOVERY CANYON

2022-2023 Spring Highlights

- **Baseball**

Final Four the last two years
4 All Conference/All State Players
5 College Signers (2022-2023)
12 College commits (2023-2024)
70+ Participants/4 Levels

- **Girls Golf**

1st Place Tournament Winner
2 State Qualifiers
Average 6th Place finish in tournaments
1 All Conference Player
1 College Signer
12+ Participants/2 Levels

- **Boys Lacrosse**

Top 9 Seed for Playoffs
5 All Conference/All State Players
2 College Signers
Team growth from 27 players to 50+ players in 2 years
45+ Participants/2 Levels

- **Girls Soccer**

4A State Runner up
6 All Conference/All State Players
2 League POY & League Coach of the Year
4 College Signers
35+ Participants/2 Levels

- **Girls Tennis**

All Varsity Players qualified for State
Varsity Team qualified for State
4th Place finisher at Individual State
25+ Participants/2 Levels

- **Track & Field**

4A Boys State Champion
2 All State Athletes
2 College Signers
120+ Participants/2 Levels

Physicals and AT Genius: All athletes trying out MUST have a current physical on file and all forms complete on AT Genius. Athletes that do not have this complete will NOT be able to participate in tryouts.

**** TRANSFER STUDENTS- must connect with Rachelle Robbins regarding CHSAA eligibility. This process must be initiated by the athletic director.**

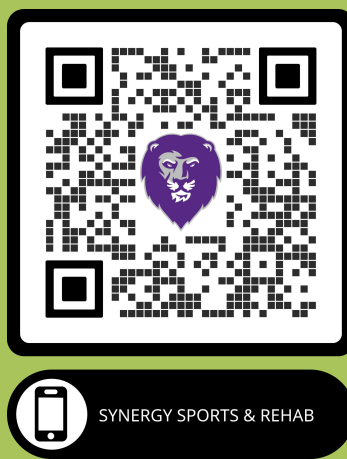


Athletic fees will be withdrawn from your FACTS account. We will not be collecting cash or checks for athletic fees.

March 5th - You will receive an invoice from FACTS notifying you of upcoming withdrawal.

March 15th - Athletic Fee will be withdrawn from your FACTS account

*A refund, less a \$50 fee, will be issued upon approval of the athletic director if an athlete chooses not to participate within the first two weeks of the season. After two weeks, no refund will be given.



Kelsey L. Krisch
MS, LAT, ATC, PES, CES
Head Athletic Trainer LuHi
Synergy Sports & Rehab Athletic Trainer



- ★ SYNERGY IS A PROUD SPONSOR OF THE SPORTS MEDICINE PROGRAM AT LUTHERAN HS
- ★ LUTHERAN HS IS THE ONLY SCHOOL IN DOUGLAS COUNTY THAT HAS A FULL TIME PHYSICAL THERAPIST ON STAFF
- ★ KELSEY IS ONSITE DAILY - HER TRAINING ROOM/OFFICE IS LOCATED AT THE ENTRANCE OF THE FORGE/WEIGHT ROOM

Jeff Katzoff
PT, DPT, LAT, ATC, CSCS, TDN, Certified
Titleist Performance Specialist, FMS
Director/Owner Synergy Sports & Rehab



NOTE: *ATGenius* information on QR CODE is ONLY to be used by NEW LuHi Athletes

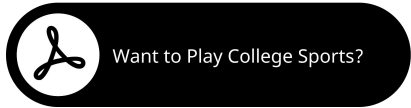


Any current/past LuHi student athletes must use original login information - If you need assistance with login information, please contact Kelsey.Krisch@lhsparker.org

Physicals and AT Genius: All athletes trying out MUST have a current physical on file and all forms complete on AT Genius. Athletes that do not have this complete will NOT be able to participate in tryouts.

ATGenius CODE FOR LUTHERAN ATHLETICS IS - LIONS2021





If you have a son or daughter playing a sport at Lutheran High School, I want to encourage you to attend the NCAA Informational Meeting that will be held on **Wednesday, April 10th in the Performing Arts Room 7:00pm - 9:00pm.**

During this meeting we will briefly discuss the NCAA landscape for each sport, cover the need to get your athlete registered with the NCAA, discuss the academic worksheets that parents are encouraged to complete along with their kid, and hear from various coaches about what the recruiting process often looks like for each sport.

Please know that although your son or daughter may not have interest in playing sports in college, the information shared during this meeting will be extremely helpful should they be offered the opportunity at a later date.



WANT TO PLAY COLLEGE SPORTS?



How to sign up for alerts:

1. Go to the following link: <https://pikespeakathleticconference.org/public/genie/618/school/6546/>
2. Click on the "Notify Me" button on the right side of the screen
3. Enter your email and password in the "create an account" section
4. Enter your information as directed - Include your cell phone number and carrier if you would also like to receive text updates
5. Under "Conference/Team Schedule Events", select the programs that you would like to receive reminders and scheduling changes for. Ignore the "School-Only Events" section
 - a. All of the sports LuHi offers are listed and can be selected. But, schedules will not be viewable until they are finalized
6. Set the game reminders if you would like, and make sure that each schedule is checked yes under "Schedule Changes"

How to view schedules:

1. Go to the following link: <https://pikespeakathleticconference.org/public/genie/618/school/6546/>
2. If you do not click anything, you can view all of our spring sporting events by navigating through weeks or months
3. If you would like to view a certain schedule, or multiple schedules at the same time i.e. all of levels of baseball, select the view schedule button, check each box next to the schedule that you would like to view, and click view.
4. From here you can print or email this schedule (you can select which format to email the schedule in) and change the view to show events on a calendar
5. If you would like to view the location on a map, simply click on the game

How to sync a schedule with your calendar:

1. Check the box of each schedule you would like to sync under the "View Schedules" tab
2. Click on subscribe in the upper right hand corner, and follow the instructions from there
3. As events are changed, your calendar will automatically update

Reach out to Dylan Johnson with any questions: dylan.johnson@lhsparker.org

SPRING SPORTS PHOTO SCHEDULE

*****It is imperative that your student be present at these photo shoots in order to be in team pictures/videos. There will NOT be a make up day for pictures!**

SATURDAY, MARCH 2nd

TRACK (will be on the track)

8:30am - 9:30am	Girls Individual & Group
9:45am - 10:45am	Boys Individual & Group
11:00am - 12:00pm	Junior/Senior Video

LACROSSE (will be on the LuHi Field)

1:00pm - 1:30pm	JV Individual & Group
1:30pm - 2:00pm	Varsity Individual & Group
2:00pm - 3:00pm	Varsity Video

TUESDAY, MARCH 5th

BASEBALL (will be at Double Angel)

1:30pm - 2:30pm	Varsity Video
2:30pm - 4:00pm	All Photos/Levels

TENNIS (will be at Railbender)

4:30pm - 5:00pm	JV Photos
5:00pm - 5:30pm	Varsity Photos
5:30pm - 6:30pm	Video

WEDNESDAY, MARCH 13th

GOLF (will be at Family Fun)

2:00pm - 2:45pm	All Photos/Levels
2:45pm - 3:30pm	Video

SOCCER (will be on the LuHi Field)

5:00pm - 6:00pm	All Photos/Levels
6:00pm - 7:00pm	Varsity Video



LUHI BASEBALL

BASEBALL

HEAD COACH - SCOTT HORMANN

Tryouts: Monday, February 26th - Wednesday, February 28th

2/26 Salisbury Fields 1 & 2 3:00pm - 5:00pm

2/27 Salisbury Fields 1 & 3 3:00pm - 5:00pm

2/28 Salisbury Fields 1 & 3 3:00pm - 6:00pm

2/29 Salisbury Fields 1 & 2 3:00pm - 5:00pm

3/1 Salisbury Fields 1 & 3 3:00pm - 5:30pm

Practice Schedule given out after tryouts

Team Kickoff: Saturday, March 2nd - Khaos Clubhouse - Pancake Breakfast, uniforms etc

4 Levels:

Varsity, JV, C-Team, Freshmen Team

Service Project: Night to Shine

[PHOTO SCHEDULE: 3/5 - at Double Angel](#)

1:30pm - 2:30pm -Varsity Video

2:30pm - 4:00pm-Photos





GIRLS GOLF

HEAD COACH - DEVIN WOOD

Tryouts: Tuesday, February 20 - Wednesday, February 21st 3:30-5:00 at Family Sports GC

Varsity & JV Level Teams (12 Girl Roster)

Practice: Practice locations and times will vary depending on weather and availability

Service Project: TBD

PHOTO SCHEDULE 3/13 – at Family Sports

2:00pm - 2:45pm

2:45pm - 3:30pm

Video

Photos

Team





GIRLS SOCCER

HEAD COACH - ASHLEIGH FITTERER

Tryouts: Monday, February 26th-Thursdays, February 29th at LuHi

2/26- 4:30-6:30 2/28- 4:30-6:30

2/27- 6:30-8:30 2/29- 6:30-8:30

Varsity & JV Level Teams

Practice: M-F 4:30-6:30 & 6:30-8:30 *rotating schedule & occasional Saturday practices

Service Project: TBD

[PHOTO SCHEDULE 3/13 – at LuHi Field](#)

5:00pm - 6:00pm Photos

6:00pm - 7:00pm Varsity Video





GIRLS TENNIS

HEAD COACH - DARCY HENDRICKS

Challenge matches and practices will begin Monday, February 26th at Railbender from 3:15-5:15

Varsity & JV Level Teams (cuts depending on tryout numbers)

Practice: All levels will practice Monday-Friday from 3:15 - 5:15 at Railbender

Service Project:
SECOR - Food for Thought outreach event on
Wednesday, March 6th after practice

PHOTO SCHEDULE 3/5 – at Railbender

4:30pm - 5:00pm JV Photos

5:00pm - 5:30pm Varsity Photos

5:30pm - 6:30pm Video





LACROSSE



LUHI LACROSSE

HEAD COACH - TYLER SNYDER

Tryouts: Monday, February 26th - Thursday, February 29th at LuHi

2/26- 6:30-8:30 2/28- 6:30-8:30

2/27- 4:30-6:30 2/29- 4:30-6:30

Varsity & JV Level Teams

Practice: M-F 4:30-6:30 & 6:30-8:30 *rotating schedule

Service Project: TBD

PHOTO SCHEDULE 3/2 – at LuHi Field

1:00pm - 1:30pm JV Photos

1:30pm - 2:00pm Varsity Photos

2:00pm - 3:00pm Varsity Video





TRACK & FIELD



LUHI TRACK

HEAD COACH - DARWIN HORAN

No tryouts - Practice every day starting at 3:15 beginning February 26th

Spike Night: Runners Roost (Lone Tree), February 16th 5:00-7:00pm

Service Project: TBD

PHOTO SCHEDULE 3/2 - on the LuHi track

8:30am - 9:30am

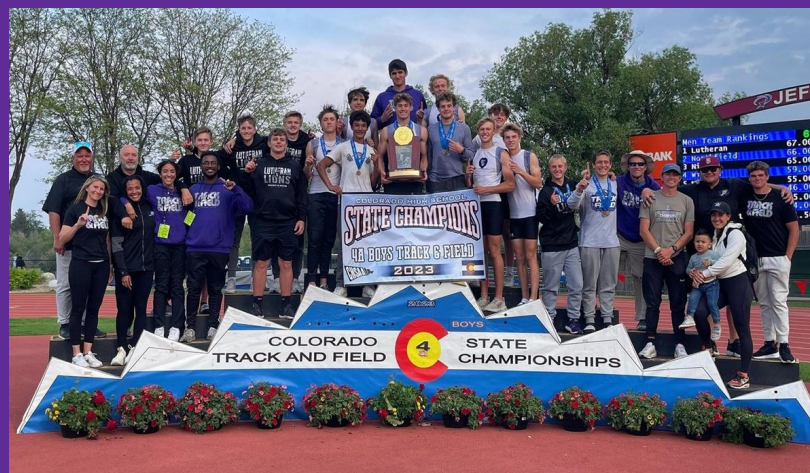
Girls Individual & Group

9:45am - 10:45am

Boys Individual & Group

11:00am - 12:00pm

Junior/Senior Video





LUTHERAN HIGH SCHOOL ATHLETICS ANNUAL GOLF TOURNAMENT



**SAVE THE DATE FOR OUR ANNUAL GOLF TOURNAMENT HELD AT
THE PINERY CC - TUESDAY, MAY 30TH**

**ALL FUNDS RAISED BENEFIT THE
LUTHERAN HIGH SCHOOL ATHLETIC DEPARTMENT**

**MANY SPONSORSHIPS ARE AVAILABLE - PLEASE REACH OUT TO
RACHELLE OR BECKI FOR MORE INFORMATION**

Ways to support LuHi Athletics: <https://form.jotform.com/222075184300041>

LION PRIDE BOOSTER CLUB- \$1,200

-Free admission for your entire family to ALL LuHi sporting events

** (not including playoffs/official CHSAA events)

-VIP Events that will be hosted at sporting events throughout the year

-Recognition on game programs and at LuHi home games

-2 Stadium Seats OR Stadium Blanket if you received stadium seats last year

GYM BANNERS- Proudly display your company logo in the Lion's Den

YARD SIGNS- Display your LuHi Pride at home with a sign displaying your athlete's name and sport



Follow LuHi Athletics on Social Media:

<https://twitter.com/LHSparkerSports>

https://www.instagram.com/luhi_lions/

<https://www.facebook.com/LHSP.athletics>

#GoLuHi

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LOGIN INFO

TEAM : CHSAA BASEBALL
CODE : VLQCSWSWP

[SCHEELS.com](https://www.scheels.com)

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LOGIN INFO

TEAM : CHSAA LACROSSE
CODE : 6SP9B9X3KC

[SCHEELS.com](https://www.scheels.com)

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LOGIN INFO

TEAM : CHSAA SOCCER
CODE : BMZGPFZYKHG

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TEAM : CHSAA TENNIS
CODE : DXMLFJX3KM

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LOGIN INFO

TEAM : CHSAA RUNNING
CODE : 3MP5W7NQY8

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