



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

THURSDAY, FEBRUARY 23 - 7:00 PM

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

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



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



As of the Fall 2022 season, Lutheran Athletics is a member of the 4A Pikes Peak League.

*Please know that majority of the away games you will attend charge for ALL levels in every sport. Also be sure to have your ID for any games hosted by Air Academy.



New this year: Athletic fees will be withdrawn from your FACTS account.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

Athletic Fee is \$425 (2nd activity-\$50 off/ 3rd activity \$100 off)

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

March 6th - You will receive an invoice from FACTS

March 16th - Athletic Fee will be withdrawn from your FACTS account

PIKES PEAK LEAGUE



CHEYENNE MOUNTAIN



LUTHERAN



AIR ACADEMY



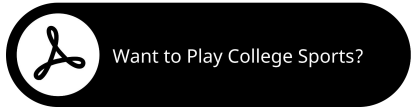
PALMER RIDGE



LEWIS PALMER



DISCOVERY CANYON



If you have a son or daughter playing a sport at Lutheran High School, I want to encourage you to attend the NCAA Eligibility Meeting that will be held on Wednesday, March 8th, from 7:00-8:30pm in the gymnasium.

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



LACROSSE



LUHI LACROSSE

HEAD COACH - TREVOR MINSHALL

Tryouts: Monday, February 27- Saturday, March 4 at LuHi

Scrimmage on Saturday, March 4 @ Lakewood

Varsity & JV Level Teams

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

Pancake kickoff: Thursday, March 2nd

Service Project: TBD

The 2021-2022 Season LuHi LAX won their league and went undefeated - Won their first playoff game in the school's history - Had 2 All-State Players





BASEBALL

HEAD COACH - SCOTT HORMANN

Tryouts: Monday, February 27- Wednesday, March 1 at Gameday 3:00-5:00

Practice Schedule given out after tryouts.

4 Levels:

Varsity

JV

Sophomore

Freshmen/Developmental Team

Service Project: Night to Shine





GIRLS GOLF

HEAD COACH - DEVIN WOOD

Tryouts: Monday, February 27 - Tuesday, February 28th 3:30-5:00 at Family Sports GC

Varsity & JV Level Teams (12 Girl Roster)

Practice: Monday -Friday 3:30-5:00 @ Family Sports

Service Project: Aurora Polar Plunge & 5K with Colorado Special Olympics
*tentative





TRACK & FIELD



HEAD COACH - DARWIN HORAN

No tryouts - Practice every day starting at 3:15 beginning February 27th

Spike Night: Runners Roost (Lone Tree), February 27th

Service Project: TBD





GIRLS TENNIS

HEAD COACH - DARCY HENDRICKS

Challenge matches and practices will start at Railbender 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 outreach event on Wednesday, March 8th after practice





GIRLS SOCCER

HEAD COACH - ASHLEIGH FITTERER

Tryouts: Monday, February 27th-Wednesday, March 1st at LuHi

Varsity & JV Level Teams

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

Varsity Scrimmage on Saturday, March 4 @ Regis University

Service Project: TBD

The 2021-2022 Season LuHi Girls Soccer made it to the Final Four for the first time in school history - Had 4 players commit to D1/D2 schools





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

- free admission for 2 to all LuHi sporting events
- VIP Events that will be hosted at sporting events throughout the year
- Recognition on game programs
- 2 Stadium Seats

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

BASEBALL (10, 11, 12th grade)

Baseball (ALL FRESHMEN)

LACROSSE

GIRLS GOLF

TRACK & FIELD

GIRLS TENNIS

GIRLS SOCCER

CAFETERIA

Room 032

ART ROOM

ROOM 140

GYM

ROOM 139

ROOM 138