



LUTHERAN HIGH SCHOOL ATHLETICS

Rachelle Robbins - Athletic Director

Dylan Johnson - Assistant Athletic Director

Bill Brandsma - Assistant AD/Coaching Development

Leah Schlecht - Sports Information Coordinator

Becki Whittaker - Athletic Assistant

FALL SPORTS MEETING

MONDAY, AUGUST 5th - 7:00 PM

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

LuHi ATHLETICS OVERVIEW

2023-2024 Season

- **614 of Lutheran Students (63%) participated in a sport**
- **Approximately 145 students participated in 2 sports**
- **Approximately 20 students are 3 sport athletes**
- **We had ONE four sport athlete this year**
- **LuHi Athletics Announced that we will be offering Men's Volleyball for the 2024-2025 season**
- **120+ 1st Team Academic All-State Athletes (GPA 3.6 or higher)**
- **30+ Honorable Mention Academic All-State Athletes (GPA 3.30 - 3.59)**
- **38 LuHi Athletes committed to play college level sports in the 2023-2024 academic year**

2023-2024 Fall Highlights

Football

State Runner-Up
League Champions
19 All-Conference
Defensive/Offensive Player of the Year,
Defensive/Offensive Lineman of the Year
9 All-State Athletes
Ryken Daugaard named in the top 16 Players of
Colorado by the National Football Foundation

Softball

League Champs/3X State Champs
Pitcher of the Year, Coach of the Year (2nd Straight
Year)
7 All-Conference Athletes, 5 All-State Athletes
Hailey Maestretti named Gatorade Colorado Softball
Player of the Year AND HS Female HS Athlete of the
Year by Colorado Sports Hall of Fame

Volleyball

Finished 7th at State
5 All-Conference Athletes, 2 All-State Honorable
Mentions

Boys Soccer

Made it to the Sweet 16 in Playoffs
5 All-Conference Athletes

Boys Golf

2nd Place at Regionals/Finished 6th as a team
1 top 10 finisher at State
2 All-Conference Athletes, 1 All-State Athlete

Cheer

JV placed 4th at State/Varsity placed 5th at State (top
4A school at State)
League Champions
Traveled to Nationals for the first time
1 All-State Athlete

Cross Country

Girls placed 4th at Regionals & 15th at State
Boys had 2 individuals qualify for State



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 the "View" button
3. Click on subscribe in the upper right hand corner, and follow the instructions from there
4. As events are changed, your calendar will automatically update

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



STREAM LUHI GAMES



- All home games (sub-varsity included) of football, volleyball, and boys soccer will be streamed for free
- Softball streams their games through GameChanger. Reach out to Coach Maestretti for information on this
- If you do not see a home game on the stream schedule, please reach out to your programs head coach



**SO YOU WANT TO BE A
COLLEGE ATHLETE**



If you have a son or daughter playing a sport at Lutheran High School, I want to encourage you to watch for meetings throughout the school year that will help athletes and parents through the process of being recruited, tracking NCAA and NAIA requirements, and better understand the current NCAA landscape. We will also be holding meetings for athletes over various lunch periods to provide as much information as possible to assist athletes that want to play at the next level. The first lunch will address the NCAA Worksheet that tracks the academic progress of each athlete. This first lunch meeting will be August 27th.

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?**

PIKES PEAK LEAGUE



CHEYENNE MOUNTAIN



LUTHERAN



AIR ACADEMY



PALMER RIDGE



LEWIS PALMER



DISCOVERY CANYON

LuHi Athletics Updates:

Athletic Fees will be pulled from your FACTS account:

- Wednesday, August 21st - notification sent to your email
- Friday, August 30th - fees withdrawn

Gate Fees will remain \$5.00 for students/seniors and \$7.00 per adult



Fall Sports Fee: \$525

Football Sports Fee: \$625

***If an athlete quits a sport before Sept. 2nd a refund (minus a \$50 fee) will be given.**

Parents must email Mrs. Robbins if an athlete quits in order to receive a refund.

After Sept. 2nd no refunds will be given.

Lutheran High School Athletics

Brief Financial Report for 2023-2024

Revenue = \$759,158.90

Player Fees	50.0%
Golf Tournament	8.8%
Ads	1.7%
Boosters	4.8%
Summer Strength	13.8%
Playoff Gate	2.4%
Gate	7.0%
Concessions	2.7%
Rentals	3.0%
Other	5.8%

Expenses = \$759,032.31

Coaching Stipends	29.0%
Specific Program Operating/Banquets	30.3%
Uniforms	6.1%
Transportation	8.7%
Officials	6.2%
Golf Tourney	2.9%
Concessions	1.5%
CHSAA/HUDL	4.1%
Playoffs	3.8%
Other	7.4%

Note: Athletic department salaries and facility rental are not included in athletic department expenses.



Ways to support LuHi Athletics:

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

-Lion Pride Booster Welcome Gift/items throughout the year

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

-New banner is \$750/Renewal is \$500

YARD SIGNS- Display your LuHi Pride at home with a sign displaying your athlete's name and Sport- email will be sent once rosters are made



Follow LuHi Athletics on Social Media:

<https://twitter.com/LHSparkerSports>

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

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

#GoLuHi

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.**



Kelsey L. Krisch
MS, LAT, ATC, PES, CES
Head Athletic Trainer Lutheran High School
Synergy Sports and Rehab Athletic Trainer



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

Jeff Katzoff-Director of Sports Medicine-
PT, DPT, LAT, ATC, CSCS, TDN, Certified
Titleist Performance Specialist, FMS
Director/Owner Synergy Sports and 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

ATGenius CODE FOR LUTHERAN ATHLETICS IS - LIONS2021



FALL SPORTS PHOTO SCHEDULE

*****It is imperative that your student be present at these photo shoots in order to be in team pictures/videos.**

MONDAY 8/19

3:15 - Football

5:00 - Boys Soccer

WEDNESDAY 8/21

3:00 - Volleyball

5:15 - Softball *Salisbury

Cross Country- TBD

**Boys Golf - 8/15 @ The Pinery
(5:15)**

Cheer- 8/6 @ 4:30



Don't forget to register for the LuHi 5K Fun Run to support the Boys Soccer and Cross Country teams! This event is family friendly and we'd love to have you all there. Register today:

<https://hubs.ly/Q02FByVS0>



LIONS GIVE BACK

PARKER TASK FORCE
SPECIAL OLYMPICS
OPERATION CHRISTMAS CHILD
NIGHT TO SHINE
NEIGHBOR NETWORK
TREASURE HOUSE OF HOPE
FEED MY STARVING CHILDREN
LIFELINE MINISTRIES
PICKUP - DOUGLAS COUNTY





LUHI FOOTBALL



FOOTBALL

HEAD COACH - STEPHEN ROBBINS

Team Levels: Varsity/JV/C

Team Kickoff Picnic: August 13th at 6:30pm

Service Project: Lifeline Ministries -August 17th





LUHI VOLLEYBALL



VOLLEYBALL

HEAD COACH - ALICIA KIDSTON

Tryouts: Monday-Wednesday August 12th-14th *See QR for schedule & times

Practice Info: C/C2 3:00-4:30pm / JV 4:00-5:30pm / Varsity 4:00-6:00pm

Team Levels: Varsity/JV/C/C2

Player Retreat: Saturday, August 24th 9:00am-12:00pm

Service Projects: TBD

Picture Day: August 21st





LUHI BOYS SOCCER



BOYS SOCCER

HEAD COACH - MATT BUCHHOLZ

Tryouts: August 12th-13th LuHi Field 7:00am-8:30am AND 8:00pm-9:15pm

Practice Info: TBD - LuHi Turf

Team Levels: Varsity/JV/C

Parent/Player Kickoff:
5K run on August 10th 8:00am

Parent Leadership Committee August 14th -7:00pm

Service Project: TBD





LUHI SOFTBALL



SOFTBALL

HEAD COACH - GLEN MAESTRETTI

Tryouts: Monday, August 12th 4:00pm @ Salisbury 4

Team Levels: Varsity and JV

Parent/Player meeting: TBD

Practices: JV: 3:30pm-5:30pm and Varsity: 4:30pm-6:30pm
Most practices at Salisbury Fields

Service Project: TBD





LUHI CROSS COUNTRY



CROSS COUNTRY

HEAD COACH - PATRICK WEAVER

No Tryouts/No Cuts

Team Dinners throughout the season

Practice Info:

August 12th-13th- 7:00am

August 14th (Freshman orientation day)- 12:30pm

August 15 - End of Season - 3:15 practice starts

Service Project: TBD



FOOTBALL

VOLLEYBALL

BOYS SOCCER

CROSS COUNTRY

SOFTBALL

GYM

CAFETERIA

PAR

032

162 *New Wing/Upstairs NW Corner