

LAS LOMAS ATHLETICS

INFORMATION FOR THE CLASS OF 2026

1460 South Main Street, Walnut Creek , California 94596



LAS LOMAS HIGH SCHOOL ATHLETIC TEAMS

FALL SPORTS

FOOTBALL
CROSS COUNTRY, Boys & Girls
GOLF, Girls
TENNIS, Girls
VOLLEYBALL, Girls
WATERPOLO, Boys & Girls

WINTER SPORTS

BASKETBALL, Boys & Girls
WRESTLING, Boys & Girls
SOCCER, Boys & Girls

SPRING SPORTS

BASEBALL
COMPETITIVE SPORT CHEER (Stunt)
GOLF, Boys
LACROSSE, Boys & Girls
SOFTBALL
SWIMMING/DIVING, Boys & Girls
TENNIS, Boys
TRACK & FIELD, Boys & Girls
VOLLEYBALL, Boys

Please join us for our incoming student

SPORTS INFORMATION NIGHT

Monday, May 9th, 2022 at 7:30 PM in the Main Gym

- *General informational Meeting about High School Athletics*
 - *Meet Coaches*
 - *Receive summer and season information*

TO PLAY SPORTS AT LAS LOMAS, THE FOLLOWING IS REQUIRED:

COMPLETE A PHYSICAL EXAMINATION & SUBMIT THE REQUIRED FORMS

Provide proof of a physical examination given after June 1st must be on file for each school year. NOTE: Physical exams must be given AFTER June 1 for each upcoming school year. Students/Parents must complete AND be cleared through the SPORTSNET online registration process **before the first day of practice for a sport.** Go to the Las Lomas web site—Athletics home page to begin the athletic clearance process **after June 1, 2022.**

MAINTAIN ACADEMIC ELIGIBILITY

Students are required to maintain satisfactory progress in course work to establish eligibility for participation in athletics. Entering 9th grade students must have at least a “C” (2.0) average in the last semester of 8th grade to be eligible to participate in fall sports at Las Lomas.

Summary of information from this meeting will be posted on the Las Lomas Athletic Web page