



Fallbrook High Athletics



Pursuing VICTORY with HONOR

Sports Offered with Coaches Contact Information

Girls Sports

Basketball	Samuel Harrison	sharrison@fuhsd.net
Cross Country	Cierra Holland	cholland@fuhsd.net
Field Hockey	Melissa Palmer	mpalmer@fuhsd.net
Golf	Neil Medlock	nmedlock@fuhsd.net
Gymnastics	VACANT	PENDING
Soccer	Salvador Cabrera	scabrera@fuhsd.net
Softball	Lisa Stehle-Mtz	lstehle@fuhsd.net
Swim/Diving	Sean Redmond	seanmary@aol.com
Tennis	Bill Lenaway	wlenaway@fuhsd.net
Track	Cierra Holland	cholland@fuhsd.net
Volleyball	Madison McComas	madisonmccomas@gmail.com
Water Polo	Sean Redmond	seanmary@aol.com
Lacrosse	Debbie Berg	dberg@fuhsd.net

Boys Sports

Baseball	PENDING	PENDING
Basketball	PENDING	PENDING
Cross Country	Marco Arias	marias@fuhsd.net
Football	John Hollcraft	jhollcraft@fuhsd.net
Golf	Neil Medlock	nmedlock@fuhsd.net
Soccer	Jorge Rojas	jrojas@fuhsd.net
Swimming	VACANT	PENDING
Tennis	Bill Lenaway	blenaway@fuhsd.net
Track	Marco Arias	marias@fuhsd.net
Volleyball	Chip Patterson	chocchip44@gmail.com
Water Polo	Scott Wiessner	sweissner@fuhsd.net
Wrestling	PENDING	PENDING
Lacrosse	PENDING	PENDING

Athletic Office Contact Information

Patrick Walker, ATHLETIC DIRECTOR

pwalker@fuhsd.net

723-6300 EXT. 3601

□ Claudia Méndez, Athletic Secretary ext: 3610

cmendez@fuhsd.net

PENDING, Athletic Trainer ext 3608

Important Information for FHS Student-Athletes & Families

Competitiveness & Commitment

FHS sports teams are more competitive than youth recreational leagues and require a higher level of skill and commitment.

- Playing time is determined by the coach and is never guaranteed.
- Open communication between athletes and coaches is highly encouraged, especially regarding team issues, playing time, and absences.
- Full commitment to the selected sport is expected from both athletes and parents.

Please note that tournaments, practices, and games may take place during summer, Thanksgiving week, winter and spring breaks, and other holidays. All athletes are required to attend team meetings, practices, games, and tournaments unless an illness or emergency arises. It is the athlete's responsibility to communicate with coaching staff in advance if an absence is anticipated.

You may review previous year's participation data under Athletic Information on our website.

Athletic Clearance Process

An athletic clearance is mandatory for all students trying out or participating in any sport.

- The Athletic Packet must be completed online at: athleticclearance.com
- A physical exam form may be picked up at "Physical Night" or in the Athletic Director's Office afterward.

Important Reminders:

- You must complete clearance for each sport individually.
- Your information will be saved, making it easier to update for future sports or school years.
- Sports clearance must be completed each school year, even if you participated the year before.
- Students in year-round sports classes must be cleared before the start of the 1st trimester.

After completing the online process, please bring the following to the Athletic Director's Office:

- A copy of your medical insurance card
- The physical form signed by the doctor (only if you could not upload it to Home Campus or email it)

If you do not have internet access, assistance is available by appointment in the Athletic Office.

Notice of Student Nondiscrimination

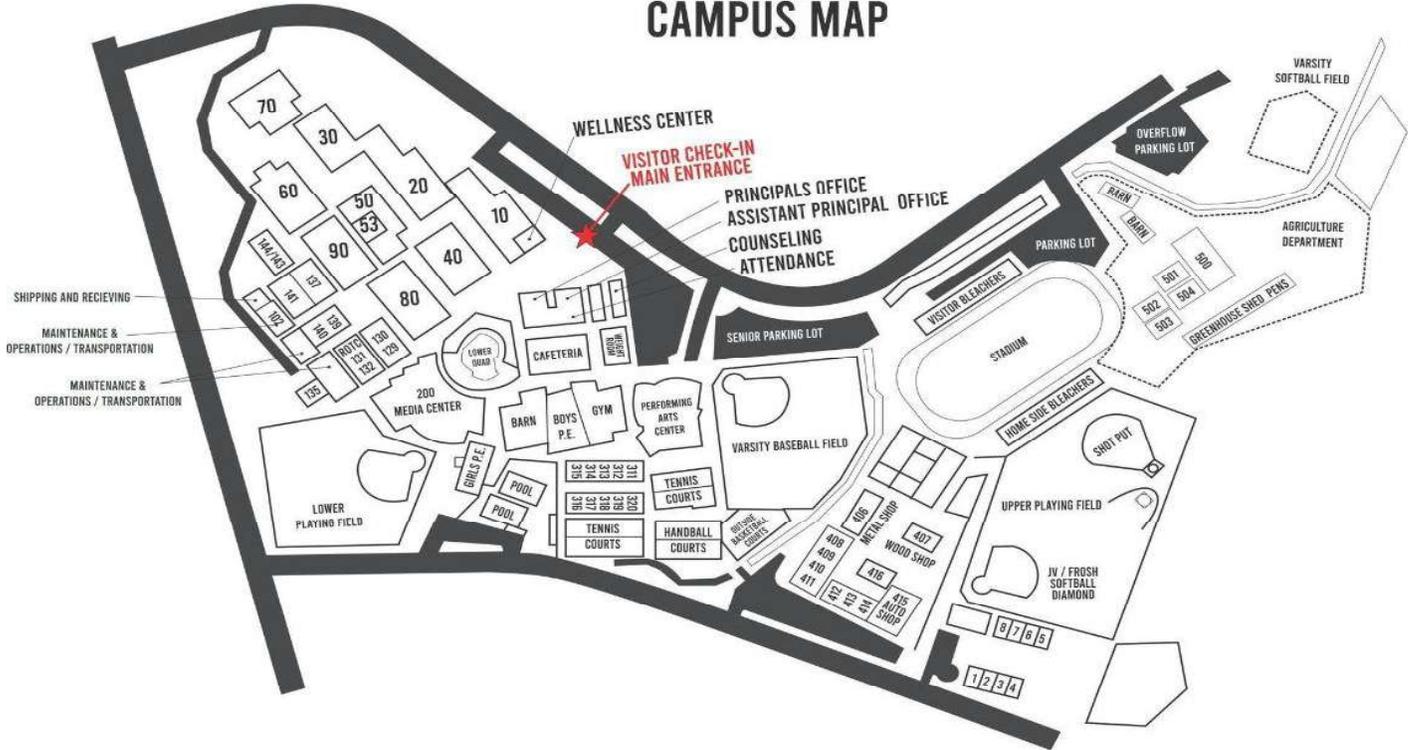
Fallbrook Union High School District is committed to equal opportunity for all individuals in education. District programs and activities shall be free from discrimination based on the following actual or perceived characteristics:

- Sex, sexual orientation, gender, gender identity, gender expression
- Ethnic group identification, race, ancestry, national origin, religion, color
- Mental or physical disability, nationality, age, creed, marital status
- Association with a person or group with one or more of these characteristics
- A student's actual or perceived potential parental, family, or marital status

Violations of this policy may result in disciplinary action, up to and including expulsion for students or dismissal for employees, in accordance with applicable laws and agreements.

Campus Map

FALLBROOK UNION HIGH SCHOOL CAMPUS MAP



Fall Sports – Aug–Nov

Sport	Home Contest Times	Competition Location
Cross Country	V/JV/F 3:40	Stadium
Field Hockey	V-4:00/JV-5:30	Stadium
Football	JV-4:30/V-7:00 F-5:00	Stadium Stadium
Girls Golf	V/JV-3:40	Fallbrook Golf Course
Girls Tennis	3:40 3:40	Varsity-Fallbrook Tennis Club JV-FHS Tennis Courts
Girls Volleyball	F/JV-4:00/V-5:30	East Gym
Boys Water Polo	JV-3:30/V-4:30/N:5:30	Pool

Winter Sports – Nov-Feb

Sport	Home Contest Times	Competition Location
Boys Soccer	F/JV-3:40/V-5:00	JV/V-Stadium/F-Ivy Field
Girls Soccer	F/JV-3:40/V-5:00 JV-4:30 or 5:30/V-7:00	JV/V-Stadium/F-Ivy Field Gym
Boys Basketball	F-Sat 9:00-4:30 JV-4:30 or 5:30/V-7:00	Gym
Girls Basketball	7:00	Gym
Wrestling	F-Sat 9:00-4:30 F/JV-5:30/V-7:00 JV-3:40/V-4:30/N:5:30	The Barn Pool
Girls Water Polo	4:30/N:5:30	Pool

Spring Sports – Feb-May

Sport	Home Contest Times	Competition Location	Sport	Home Contest Times	Competition Location
Baseball	JV/V-3:30 F/3:30	Varsity Baseball Field Lower Field	Swimming/Diving	JV/V-3:00	Pool
Boys Golf	V-3:30 JV-4:30	Pala Mesa Fallbrook Golf Club	Boys Tennis	V-3:30 JV-3:30	FHS Tennis Courts FHS Tennis Courts
Gymnastics	JV/V-3:30	West Gym	Track and Field	JV/V-3:30	Stadium/Ivy Field
Softball	V-3:30 JV/F-5:30	Varsity Softball Field Ivy Field	Boys Volleyball	JV-4:30/V-5:30	Gym
			Boys Lacrosse	JV-5:30/V-7:00	Stadium
			Girls Lacrosse	JV-5:30/V-7:00	Stadium

** Dates of Season and Days of Play are determined by CIF.

[Days of Play CIF Link](#)

[CIF Master Calendar – Season Dates](#)