

# LCHS Cardinal Athletics



## Welcome to Laguna Creek High School

I would like to welcome you and your student athlete to Laguna Creek High School for the 2025-2026 school year. This newsletter is designed to give you and your student athlete a better understanding of our athletic program.

Becoming a student athlete is a privilege that many students enjoy at Laguna Creek High School. Athletics can be a very positive experience as being a part of a team can create memories that can last a lifetime.

Laguna Creek High School offers 18 varsity sports programs. Our athletic program has been very successful on both the field of play and in the classroom. Many of our student-athletes earn academic awards and athletic accolades. If you have any questions feel free to email me at [jussery@egusd.net](mailto:jussery@egusd.net) or leave a voicemail with our athletic office.

Sincerely,

*Jon Ussery*

## Athletic Clearance

At Laguna Creek we use an online clearance process to clear our athletes. The website is [www.athleticclearance.com](http://www.athleticclearance.com)

Students will need to create an account and upload a current physical after May 1<sup>st</sup>, 2025 for the School year of 2025-2026. The EGUSD physical form can also be found on [lchs.egusd.net](http://lchs.egusd.net) under the Athletics page. If you have any questions about clearance, please email Jon Ussery @ [jussery@egusd.net](mailto:jussery@egusd.net) Just remember that Fall Sports start in July of 2025. If you are interested in playing a Fall sport get cleared ASAP. Please always make 2 copies of the physical give one to the coach if they ask for it and keep one for your records.

### Fall Sports Starting Dates 2025-2026

**Cheer Tryouts- Spring 2025**

**Football- July 28<sup>th</sup>, 2025**

**Other Fall Sports Start August 4<sup>th</sup>, 2025**

**Cross Country, Girls Volleyball, Girls Tennis,  
Girls Flag Football, Girls Golf, Boys & Girls Water Polo**

### Winter Sports Starting Dates

**Boys & Girls Basketball- November 3rd, 2025**

**Boys & Girls Soccer- November 3rd, 2025**

**Wrestling- November 3rd, 2025**

### Spring Sports Starting Dates

**Baseball- January 26th, 2026**

**Softball- January 26th, 2026**

**Swimming- February 9<sup>th</sup>, 2026**

**Boys Tennis- February 9<sup>th</sup>, 2026**

**Boys Golf-February 9<sup>th</sup>, 2026**

**Boys Volleyball-February 9<sup>th</sup>, 2026**



*Laguna Creek High School is a member of the California Interscholastic Federation (CIF) and the Metro Athletic League.*

### LCHS NO CUT SPORTS

**Fall:** Cross Country  
(Boys/Girls)

**Winter:** Wrestling  
(Boys/Girls)

**Spring:** Track & Field  
(Boys/Girls)

### Delta League High Schools

Cosumnes Oaks

Elk Grove

Franklin

Laguna Creek

Monterey Trail

Pleasant Grove

Sheldon

**Laguna Creek High School  
Athletic Office 916-683-1339  
extension 44060**

# Laguna Creek High School Coaching Directory

## LCHS Athletics Build Character

Research indicates that a student involved in extracurricular activities has a greater chance of success during adulthood; therefore, our athletic programs have been established to increase the confidence of our students. Many of the character traits needed to be a successful are exactly those that will promote a successful life after high school. We hope that the information provided within this pamphlet makes both you and your child's experience with the Laguna Creek High School athletic program less stressful and more enjoyable.

Go Cardinals!

## LCHS Summer Athletic Programs

At Laguna Creek High School, many of our athletic teams run summer programs in which you may want your child to participate. Using the coaching directory to contact our coaches after June 1<sup>st</sup>, 2025 would be the most effective method of communication to ensure you and your student have all the necessary information about our summer athletic programs.

Summer programs allow new students to become accustomed to high school athletics; form new friendships; and meet our coaches. However, these programs are not mandatory for your student(s) to make an athletic team.

Last year our football, baseball, basketball (Boys/Girls), cross country, volleyball and boys soccer teams had summer athletic programs.

Remember, that high schools athletics is a privilege and that participation in any summer program does not guarantee that your student(s) will make a team during the school year.

## When LC wins, we all win!

### Coaches Contact Info:

Athletic Director: Jon Ussery [jussery@egusd.net](mailto:jussery@egusd.net)

Assistant AD: Ryan Nill [rnill@egusd.net](mailto:rnill@egusd.net)

Assistant AD: Michael Gill [mgill@egusd.net](mailto:mgill@egusd.net)

### Fall Sports:

Football: Ryan Nill [rnill@egusd.net](mailto:rnill@egusd.net)

Cross Country: Bryan Jilka [bjilka@egusd.net](mailto:bjilka@egusd.net)

Girls Flag Football: Courtney Pfau [cpfau@egusd.net](mailto:cpfau@egusd.net)

Girls Golf: Nicole Cassel [ncassel@egusd.net](mailto:ncassel@egusd.net)

Cheer: Kelly Tasista [lilpitaprincess@gmail.com](mailto:lilpitaprincess@gmail.com)

Girls Volleyball: Dave Amituanai [amituanais@gmail.com](mailto:amituanais@gmail.com)

Girls Tennis: Sanjae Vanriel [svanriel@egusd.net](mailto:svanriel@egusd.net)

Boys & Girls Water Polo: Rod Hart [ralshart@frontiernet.net](mailto:ralshart@frontiernet.net)

### Winter Sports:

Boys Basketball: Michael Gill [mgill@egusd.net](mailto:mgill@egusd.net)

Girls Basketball: Cody Norman [cjnorman@egusd.net](mailto:cjnorman@egusd.net)

Wrestling: Josh Martin [Coachmartin03@yahoo.com](mailto:Coachmartin03@yahoo.com)

Boys Soccer: Jonathan Stein [jonathan@jonathangstein.com](mailto:jonathan@jonathangstein.com)

Girls Soccer: Stephen Cosenza [scosenza@elkgrovesoccer.com](mailto:scosenza@elkgrovesoccer.com)

### Spring Sports:

Softball: Travis Wardlaw [twardla@egusd.net](mailto:twardla@egusd.net)

Baseball: Zach Evans [zevans@egusd.net](mailto:zevans@egusd.net)

Swimming: Rod Hart [ralshart@frontiernet.net](mailto:ralshart@frontiernet.net)

Track: Sanjae Vanriel [svanriel@egusd.net](mailto:svanriel@egusd.net)

Boys Golf: Jon Ussery [jussery@egusd.net](mailto:jussery@egusd.net)

Boys Tennis: Jon Ussery [jussery@egusd.net](mailto:jussery@egusd.net)

Boys Volleyball: Dave Amituanai [amituanais@gmail.com](mailto:amituanais@gmail.com)

