

2024 VIKING SUMMER SPORTS

SUMMER begins Monday, June 3 and ends on Saturday, July 27

#1—Students **must** be registered at athleticclearance.com for the 24-25 School Year to participate in any summer practices **AND** registered at North Salinas High School. <http://www.athleticclearance.com>

Baseball (Boys)--June 3, 4, 6, 7, 10, 11, 13, 14, 17, 18, 20, 21, 24, 25, 27, 28 and July 1, 2, 8, 9, 11, 15, 16, 22, and 23 from 4-6 pm on the Varsity Baseball Diamond.

Cheer--June 3-July 26 Monday through Thursday 4-7 pm.

Basketball (Boys)--June 3-7 from 6-7:30 pm in the Small Gym. June 10-July 19 Mondays & Fridays from 5:30-7:15 pm (Varsity Practice). June 10-July 19 Tuesdays & Thursdays from 6:30-8 pm (9th & 10th graders). Weight Room June 3-July 19 from 7:30-8:15 am. Coach Green can be reached at coachalangreen34@gmail.com

Boys & Girls' Cross Country

https://docs.google.com/document/d/1tRu_JOa6eIrUB21--3KsUXKIQMLAZPeMnK7bUbNDok8/edit Coach Small can be reached at joshua.small@salinasuhdsd.org

Football--Mon-Thurs from 3:45-5:30 except the first week of July (Turf and Grass) Coach Ceralde is available at ben.ceralde@salinasuhdsd.org

Soccer (Boys)--6-8 pm every Friday on the Turf starting June 21. Coach Gomez can be contacted at jesus.gomez@salinasuhdsd.org

Soccer (Girls)--Monday, Tuesday, and Wednesday from 5:30-7 pm on the Turf. Contact for Coach Mendivil is menra82@gmail.com

Swimming (Boys & Girls)--June 5, 7, 10, 12, 14, 17, 21, 24, 26, 28 and July 1 and 3 from 3:30-5:00 pm. Coach Yoshinobu can be reached at kenji.yoshinobu@salinasuhdsd.org

Tennis (Boys & Girls)--June 11, 13, 18, 20, 25, 27, 29 and July 9, 10, 11, 16, 17, 18, 23, 24, 25, and 27. Weekdays 3:30-5:00 pm and Saturdays 10 am until Noon. Coach Witzig can be reached at neil.witzig@salinasuhdsd.org

Volleyball (Girls)--Tuesdays and Wednesdays from 3:30-5 (Indoor Small Gym) Coach Maggie can be reached at barreramr@countyofmonterey.gov

Volleyball (Boys)--Mondays and Fridays from 3:30-5 (Sand) Coach Bill at billyclyde08@gmail.com

Information will be emailed on baseline concussion tests and physicals. Please upload your physical to athletic clearance. Questions?? Email Mrs. Ashen at jeankinn.ashen@salinasuhdsd.org or get a quick answer via text at 831-272-4090 (Google VOX)