



DUBLIN HIGH SCHOOL ACTIVITIES CATALOG

The Dublin High Activities Catalog is intended to help families to make informed decisions about the amount of time their students will spend on activities at Dublin High School. Families should take into account their student's academic load as well as other priorities such as sleep, family time and activities outside of school when making decision about participation. Families should also keep in mind the expectation that students will spend time outside of their seasons in training and preparation for their sports and activities.

Athletics are governed by the CIF rules regarding practice time.

<http://cifns.org/Forms/Bylaw.506.PracticeTimeAllowance-Revised.09.2014.pdf>

All Practice Times are approximate.

Fall Sports (August-November)

Cross Country

Coach: Chris Williams

Levels: JV and Varsity

Days per week: 6

Practice hours per day: 30 minutes to 2 hours (Monday-Friday from 3:45-6:15 and Saturday from 8:30-11:00)

Game/Event hours per week (frequency/duration): 3-5 hours (depending on travel time)

No. of days students can expect to be released from class early: 3

Football

Coach: John Wade (V), Michael D'Ambrosio (JV), Dominic Piegaro (Fr)

Levels: Varsity, JV and Frosh

Days per week: 5

Practice hours per day: 3 (3:30-6:30 p.m.)

Game/Event hours per week (frequency/duration): 3

No. of days students can expect to be released from class early: 1-3

Girls Golf

Coach: Jeff Yock

Levels: Varsity

Days per week: 4

Practice hours per day: 1:30-2 (3:45-5:15 p.m.)

Game/Event hours per week (frequency/duration): 12 hours (including travel)

No. of days students can expect to be released from class early: 15

Girls Tennis

Coach: Jason Wilson

Levels: Varsity and JV

Days per week: 5

Practice hours per day: 2 (3:45-5:30 p.m.)

Game/Event hours per week (frequency/duration): 6-8 hours (including travel)

No. of days students can expect to be released from class early: 20

Volleyball

Coach: Amy Lopez (Head Coach), Kelly Beck (Assistant)

Levels: Varsity, JV and Frosh

Days per week: 5-6

Practice hours per day: 2-3 (4-6 p.m.)

Game/Event hours per week (frequency/duration): 2-3 matches per week/6 hours

No. of days students can expect to be released from class early: 2-3 times per week (Frosh and JV. Varsity plays evening matches).

Winter Sports (November-March)

Boys Basketball

Coach: Tom Costello (V) , Chris Meredith (JV) Marc Traylor (Frosh)

Levels: Varsity, JV and Frosh

Days per week: 6

Practice hours per day: 2-2.5 (Mon - Fri 3:30-5:30, 5:30-7:30 or 7:30-9:30; Sat varies)

Game/Event hours per week (frequency/duration): 12-13 hours per week, depending on travel

No. of days students can expect to be released from class early: Varsity 0, JV 10, Frosh 5

Girls Basketball

Coach: Hans DeLannoy (V), Patrick Nevins (JV)

Levels: Varsity, JV, Frosh

Days per week: 6

Practice hours per day: 2-2.5

Game/Event hours per week (frequency/duration): 12-13 hours per week, depending on travel

No. of days students can expect to be released from class early: Varsity 0, JV 10, Frosh 5

Boys Soccer

Coach: James Fulwiler (V), Tyrone Tuell (JV), John Morrison (Frosh)

Levels: Varsity, JV and Frosh

Days per week: 5

Practice hours per day: 2-2.5

Game/Event hours per week (frequency/duration): 6 hours per week (2 games)

No. of days students can expect to be released from class early: 8

Girls Soccer

Coach: Scott Schoenthal (V), Danny Maloney (JV), Todd Barnes (Frosh)

Levels: Varsity and JV

Days per week: 5

Practice hours/times per day: 2 (4:30-6:30 p.m.)

Game/Event hours per week (frequency/duration): 6 hours per week

No. of days students can expect to be released from class early: 8

Wrestling

Coach: Mike Lemas

Levels: Varsity and JV

Days per week: 6

Practice hours per day: 2.5 (4-6:30 each day)

Game/Event hours per week (frequency/duration): 12 hours (including travel)

No. of days students can expect to be released from class early: 2-4

Spring Sports (February-May)

Baseball

Coach: Andrew Lonsdale (V)

Levels: Varsity, JV and Frosh

Days per week: 5-6

Practice hours per day: 2-2.5

Game/Event hours per week (frequency/duration): 5 (2 games per week)

No. of days students can expect to be released from class early: 10-12

Boys Golf

Coach: Tom Craig

Levels: Varsity

Days per week: 4

Practice hours per day: 1:30-2 (3:45-5:15 p.m.)

Game/Event hours per week (frequency/duration): 12 hours (including travel)

No. of days students can expect to be released from class early: 15

Boys Lacrosse

Coach: Austin Perry

Levels: Varsity and JV

Days per week: 5

Practice hours per day: 2 (JV 5-7 p.m., Varsity 7-9 p.m.)

Game/Event hours per week (frequency/duration): 4+ (depending on travel)

No. of days students can expect to be released from class early: 0

Girls Lacrosse**Coach:** Robert Peterson**Levels:** Varsity and JV**Days per week:** 5**Practice hours per day:** 2 (JV 5-7 p.m., Varsity 7-9 p.m.)**Game/Event hours per week (frequency/duration):** 4+ (depending on travel)**No. of days students can expect to be released from class early:** 0***Softball*****Coach:** Reggie Santa Elena**Levels:** Varsity and JV**Days per week:** 5**Practice hours per day:** 2-2.5 hours (3:30-5:45 M-F)**Game/Event hours per week (frequency/duration):** 3-4 hours**No. of days students can expect to be released from class early:** 10-12***Swimming*****Coach:** Noel Sollom-Brotherton**Levels:** Varsity and JV**Days per week:** 5**Practice hours per day:** 2 (4-6 p.m.)**Game/Event hours per week (frequency/duration):** 5/1 meet per week**No. of days students can expect to be released from class early:** 10***Boys Tennis*****Coach:** Jason Wilson**Levels:** Varsity and JV**Days per week:** 4-5**Practice hours per day:** 1.5-2.0 (3:45-5:30 p.m.)**Game/Event hours per week (frequency/duration):** 2-3 matches per week; 6 hours**No. of days students can expect to be released from class early:** 2-3 times per week.***Track and Field*****Coach:** Chris Williams**Levels:** Varsity and JV**Days per week:** 5-6**Practice hours per day:** 30 minutes to 2 hours (Monday-Friday from 3:45-6:15 and Saturday from 8:30-11:00)**Game/Event hours per week (frequency/duration):** 14 competitions in the season. Time commitment varies by number of events athlete is competing in. Meets range from 3-12 hours.**No. of days students can expect to be released from class early:** 6

Performing Arts

Band/Woodwinds and Brass

Teacher/Adviser: Paul Everts

Days per week: 2

Practice hours per week: 11-13 (Wednesday 6-9 p.m., Saturday 8 a.m.-4 p.m.)

Game/Event/Performance hours per week (frequency/duration): Football games 4 hours/Competitions 12 hours

No. of days students can expect to be released from class early: 0

Band/Percussion

Teacher/Adviser: Paul Everts

Days per week: 3

Practice hours per week: 11-13 (Wednesday 6-9 p.m., Thursday 6-9 p.m., Saturday 8 a.m.-4 p.m.)

Game/Event/Performance hours per week (frequency/duration): Football games 4 hours/Competitions 12 hours

No. of days students can expect to be released from class early: 0

Band/Color Guard

Teacher/Adviser: Paul Everts and Diana Everts

Days per week: 3

Practice hours per week: 11-13 (Monday and Wednesday, 6-9 p.m.; Saturday 8 a.m.-4 p.m.)

Game/Event/Performance hours per week (frequency/duration): Football games 4 hours/Competitions 12 hours

No. of days students can expect to be released from class early: 0

Band/Color Guard (Winterguard)

Teacher/Adviser: Paul Everts and Diana Everts

Days per week: 3

Practice hours per week: 10 (Monday and Wednesday, 6-9 p.m.; Saturday 8 a.m.-4 p.m. NOT EVERY SATURDAY)

Game/Event/Performance hours per week (frequency/duration): 8

No. of days students can expect to be released from class early: 0-2

Band/Winter Percussion

Teacher/Adviser: TBA

Days per week: 3

Practice hours per week: 10 (Wednesday-Thursday, 6-9 p.m., Saturday 8 a.m.-4 p.m. NOT EVERY SATURDAY)

Game/Event/Performance hours per week (frequency/duration): 8 during season

No. of days students can expect to be released from class early: 1-2

Band/Jazz Band

Teacher/Adviser: Paul Everts

Days per week: 5

Practice hours per day: 15 minutes per day on their own

Event/Performance hours (frequency/duration): 2-3 hours for performances at various times of year

No. of days students can expect to be released from class early: 0-2

Band/Orchestra

Teacher/Adviser: Paul Everts

Days per week: 5

Practice hours per day: 15 minutes per day on their own

Event/Performance hours per week (frequency/duration): 2-3 hours for performances at various times of year

No. of days students can expect to be released from class early: 0-2

Advanced Choir

Teacher/Adviser: Alexandra Lopiano

Days per week: 5

Practice hours per day: 1 (In class)

Event/Performance hours per week (frequency/duration): 2-3

No. of days students can expect to be released from class early: 0

Show Choir

Teacher/Adviser: Alexandra Lopiano

Days per week: 5

Practice hours per day: 1 (In Class)

Event/Performance hours per week (frequency/duration): 2-3

No. of days students can expect to be released from class early: 0

Concert Choir

Teacher/Adviser: Alexandra Lopiano

Days per week: 5

Practice hours per day: 1 (In Class)

Event/Performance hours per week (frequency/duration): 2-3

No. of days students can expect to be released from class early: 0

Drama/Theater

Teacher/Adviser: Kat DeLapp

Season: Fall Play, Winter One-Acts, Spring Production

Days per week: 5-6

Practice hours per day: Monday-Friday, 4-6 p.m., Saturday, 9 a.m.-5 p.m.

Event/Performance hours per week (frequency/duration): 4 performances for each production
(Total of 12 for the year): 6 hours per day per production

No. of days students can expect to be released from class early: 0

Co-Curricular Activities/Academic Clubs

DECA

Teacher/Adviser: Jodi Morgan

Days per week: 1

Practice hours per day: 30 minutes (Lunch and 7th period)

Competition/Event hours per week (frequency/duration): 1

No. of days students can expect to be released from class early: 2

Academic Decathlon

Teacher/Adviser: Valerie Jacob-Bohart

Days per week: 2

Practice hours per day: 1 (Collaboration Day and Fridays at lunch)

Competition/Event hours per week (frequency/duration): 3 days of competition and another 3 days for finals if selected.

No. of days students can expect to be released from class early: 0

Robotics

Teacher/Adviser: Eugene Chou

Levels: A, B and C teams

Days per week: 2

Practice hours per day: 2.5 (3:30-6 p.m.)

Competition/Event hours per week (frequency/duration): 12-14 hours for competitions (once per month)

No. of days students can expect to be released from class early: 0