

LAS LOMAS ATHLETICS

INFORMATION FOR THE CLASS OF 2027

1460 South Main Street, Walnut Creek, California 94596



Future Knights,

The Las Lomas Athletic Department would like to welcome the incoming freshman class of 2027 to Las Lomas. It is our hope that you look to participate in athletics while a student at Las Lomas. We encourage you to look at the sports offered each season and consider playing as many as possible. As summer approaches, there are several key pieces of information to understand about athletics at Las Lomas.

Athletic Clearance: All students must register online with our new SPORTSNET athletic registration process. You will need to submit proof you have been cleared to participate in athletics by a physician *after June 1, 2023*. The blank clearance form and instructions for submitting it are located on the Las Lomas web site under the Athletics tab. All physicals must be uploaded after June 1st.

Sign up: In order to participate in a sport you will need to register and sign up on the SPORTSNET site. You may sign up for a sport in each season and can come back to the site to update your interests during the year. Once your SPORTSNET sign up is complete, you will receive an email confirming you have properly completed the process.

Fall Sports: The fall season formally begins on **August 7th**. Please note, the first day of School is **August 15th**. This means Fall sports will start prior to the start of school. If you are interested playing a fall sport, visit the Las Lomas web site to find specific information regarding how each program is handling the first day of tryouts.

Summer: Many teams will be conducting workouts or camps in preparation for the upcoming school year. It is recommended that you look for the information posted on the Las Lomas web site to find out what sports are active over the summer. Participation in summer activities are for preparation purposes and are not a part of any formal tryout process. The most active programs in the summer are Football, Basketball, Soccer, Wrestling, Volleyball, Cross Country, and Baseball, Softball. Others may add summer workouts as well. Often the focus of summer has a stronger emphasis for a varsity team than it will for a freshman team. Regardless, be sure to educate yourself with the summer activities for the sports you are interested in.

Las Lomas Athletic Boosters: The main parent support group for Athletics at Las Lomas is the Las Lomas Athletic Boosters Club. Parents, please join Boosters and consider serving as a leader in supporting Las Lomas Athletic Programs by becoming a board member during your athlete's years at Las Lomas.

The Las Lomas web site is constantly being updated with the basic information needed for getting started. However, if you cannot find the information you are looking for, please reach out to the Coach or Athletic Director for more information.

We are excited to welcome the newest Knights to Las Lomas and look forward to your Athletic success.

Sara Harris

Sara Harris
Principal

Tim Kruger

Tim Kruger
Athletic Director



Scan me to register
for Las Lomas
Athletics