

# LOVELAND HIGH SCHOOL ACTIVITIES AND ATHLETICS HANDBOOK



2020-2021  
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# CHSAA-SPONSORED ACTIVITIES

## BAND

DIRECTOR: Kyle Freesen

ROOM NUMBER: A-55

BEST CONTACT: [kyle.freesen@thompsonschoools.org](mailto:kyle.freesen@thompsonschoools.org)

### BASIC OVERVIEW:

The band program has offerings in marching band, concert ensembles, jazz ensembles, and small ensembles. All are co-curricular courses that earn fine arts credit.

MEMBERSHIP REQUIREMENTS: participation in middle school band or orchestra or instructor approval

CLASS LOCATION: Band room – A-55

CLASS TIMES: Assigned class periods

### LETTERING REQUIREMENTS:

Lettering requires completing a form to indicate points earned toward lettering. Students must be members in good standing of both the marching band and concert program for a full year. Points can be earned through fundraising, lessons, leadership, honor bands, and service to the organization.

## CHOIR

DIRECTOR: Nicole Steketee-Cecillani

ROOM NUMBER: Choir room – A-4

BEST CONTACT: [nicole.steketee@thompsonschoools.org](mailto:nicole.steketee@thompsonschoools.org)

### BASIC OVERVIEW:

The Loveland High School Choir program is of exemplary choral music performance that develops high levels of creative, expressive singing for high school students in the Northern Colorado area. The program exists to artistically enrich the lives of students, their families, and the community. We provide opportunities for students to be involved in six different ensembles of varying levels of difficulty. There are many outside experiences for students to get more involved in the program outside of regular rehearsals, such as fundraising, social events, choir council, and travel. For more information, contact Ms. Steketee.

### MEMBERSHIP REQUIREMENTS:

All choirs are open to LHS students. We have two groups that are non-auditioned, but the other four groups do require an audition. For more information, contact Ms. Steketee.

CLASS LOCATION: Choir room – A-4

CLASS TIMES: Varying times for ensembles

LETTERING REQUIREMENTS: Lettering requirements are listed on our website, as well as the lettering form: [www.lovelandhighchoirs.org](http://www.lovelandhighchoirs.org)

## **COLOR GUARD / WINTER GUARD**

DIRECTOR: Kyle Freesen / Katie Cox (Winter Guard)

ROOM NUMBER: A-55

BEST CONTACT: [katie.cox@thompsonschoools.org](mailto:katie.cox@thompsonschoools.org)

### **BASIC OVERVIEW:**

The color guard is part of the co-curricular Crimson Regiment marching band. Winter Guard is an extra-curricular group that competes and performs during third quarter.

**MEMBERSHIP REQUIREMENTS:** a good attitude and a willingness to practice. For color guard, students must be registered for the marching band and color guard class offered at LHS.

**WHERE DO THEY MEET?** small gym or outside

**WHEN DO THEY MEET?:** Assigned class times during the fall and TBD during third quarter, depending on varsity or JV assignment

### **LETTERING REQUIREMENTS:**

Lettering requires completing a form to indicate points earned toward lettering. You must maintain a certain grade and ethics standards, as well as be a part of both the fall and spring programs.

## E-SPORTS

COACH / ADVISOR: Harold Johnson and Xander Mundron

ROOM NUMBER: D-12

BEST CONTACT: [harold.johnson@thompsonschoools.org](mailto:harold.johnson@thompsonschoools.org)

### BASIC OVERVIEW:

E-sports teams compete in League of Legends, with five players per team (two teams max) in the fall season (October – January) and Rocket League in the spring season (February – May), with three players per team (three teams max). The cost is \$64 per player per season. This does not cover team jerseys.

MEMBERSHIP REQUIREMENTS: Each player must meet CHSAA academic eligibility requirements and be in good standing with the school.

WHERE DO THEY MEET? room D-12

WHEN DO THEY MEET? Tuesdays and Thursdays from 4:00 – 5:00 pm; October through January and February through May

### LETTERING REQUIREMENTS:

- Players must attend 80% of practices and matches throughout the season.
- Team must have at least a .500 pct winning average.
- Players must meet CHSAA eligibility requirements.

# ORCHESTRA

DIRECTOR: Daniel Smith

ROOM NUMBER: A-55 (band room)

BEST CONTACT: [daniel.smith@thompsonschoools.org](mailto:daniel.smith@thompsonschoools.org)

## BASIC OVERVIEW:

Performance of high-level music on stringed instruments

MEMBERSHIP REQUIREMENTS: participation in middle school orchestra or approval of the director

CLASS LOCATION: Band room / auditorium / auditorium stage

CLASS TIMES: Periods 5 and 6 and after school (as scheduled)

## LETTERING REQUIREMENTS:

### PHILOSOPHY STATEMENT

An orchestra letter should be a source of pride to the lettering student. The letter represents the tremendous effort, time, and dedication a student invests in the LHS orchestra. A letter should reward the student for the efforts spent in the ensemble that are not graded in the classroom. The key element in any lettering program is that a student must spend extra time and effort to earn a letter. A letter that is granted merely for participating in the class lessens the value and meaning of the letter to all who receive the award.

<b>POINT TOTAL NECESSARY TO LETTER IN ORCHESTRA: 150</b>	
<b>CHECK ALL THAT APPLY</b>	
Successful Audition for Chamber Orchestra	20
Auditioning for WSHOF, CLHO, All-State Orchestra	20
Solo Performance at LHS Concert	25
Participation in Pit Orchestra for Musical Production	100
Selection and Participation in WSHOF, CLHO, All-State Orchestra	50 – 100 / group
Selection and Participation in Orchestra Leadership Council	25 / semester
Private Lessons	25 / semester
Small Ensemble Participation	25
Participation in a Professional / Community Orchestra	25 / semester
Special Service to Orchestra	See below
<b>Minimum points to letter:</b>	<b>150</b>

### CONDITIONS FOR LETTERING

To letter, the following conditions must be met:

1. Students must be in orchestra all year long. If a student moves in, they must have proof that they were an orchestra member at their former school.
2. Students must maintain an A average in orchestra each semester.

**POLICY**

Students who successfully document and receive 150 points will receive a letter. Points roll over from year to year, so the points you earn your freshman year will count toward a letter your sophomore year if you do not letter as a freshman. Each additional 150 points after receiving a letter will earn a pin.

**SPECIAL SERVICE TO ORCHESTRA**

This category could include a number of items. If you help out at a concert at Lucile Erwin or Bill Reed, that is worth 20 points for each event you help with. Helping Mr. Smith with clerical tasks such as sorting music or concert attire is worth 5 points a piece. Please document each event that you participated in.

I have not lettered yet. \_\_\_\_\_

I have already lettered and I have an Orchestra "L". \_\_\_\_\_

I have lettered, but haven't received my physical letter from last year. \_\_\_\_\_

I have lettered, have an "L", but need a pin. \_\_\_\_\_

## **SPEECH AND DEBATE**

COACHES: Patrick DeMartine and Jen Jantz

ROOM NUMBER: C-55

BEST CONTACT: Patrick DeMartine ([pat.demartine@thompsonschoools.org](mailto:pat.demartine@thompsonschoools.org))

### **BASIC OVERVIEW:**

This is a national and state-sanctioned academic activity. Students compete regionally in various forms of competitive debate, speech, and expository speaking.

MEMBERSHIP REQUIREMENTS: \$65

WHERE DO THEY MEET? Rooms C-55 and C-63

WHEN DO THEY MEET? Mondays, Wednesdays, and some Fridays from 4:00 – 5:00 pm September through March. Tournaments are on Saturdays.

### **LETTERING REQUIREMENTS:**

- Must be an active member in good standing with the team and program
- Must have earned 150 NSDA points within the season
- Must participate in a district national qualifying or state tournament

## STUDENT COUNCIL

ADVISOR: Molly Davies

ROOM NUMBER: C-72 / A-11

BEST CONTACT: [molly.davies@thompsonschoools.org](mailto:molly.davies@thompsonschoools.org)

### BASIC OVERVIEW:

Student Council is an organization of students elected by their peers that work to promote community, leadership, and the values of the LHS community by working together with all constituents of LHS.

MEMBERSHIP REQUIREMENTS: Elections are held in the spring of the prior school year.

CLASS LOCATION: Room A-11

CLASS TIMES: Period 8

### LETTERING REQUIREMENTS:

Four of five are required.

- B average in STUCO
- 80% attendance at all events
- Two or fewer unexcused absences in STUCO
- No fees or fines
- In Council all year

# SCHOOL-SPONSORED ACTIVITIES

## ADAM CLUB (Alcohol / Drugs Awareness Movement)

ADVISOR: Jill Doty

ROOM NUMBER: Counseling - 304

BEST CONTACT: [jill.doty@thompsonschoools.org](mailto:jill.doty@thompsonschoools.org)

### BASIC OVERVIEW:

The mission of ADAM is to provide peer-to-peer drug and alcohol education with the hope of preventing the loss of lives, while also promoting the quality of life that comes from living a drug-free life.

Our members believe that if even one life is impacted, it is worth our efforts!

MEMBERSHIP REQUIREMENTS: Come and participate.

WHERE DO THEY MEET? JROTC room

WHEN DO THEY MEET? Second Monday of the month during lunch. We provide pizza!

### LETTERING REQUIREMENTS:

Minimum 100 points earned by the end of April each school year (Can carry over May work to next year)

- Attend meetings – 5 points per meeting
- School and community presentations – 10 points per presentation
- Attend officer meetings – 5 points per meeting
- Documented hours working on projects – 5 points per hour session
- Sponsorships – 5 points

## ANIME CLUB

ADVISOR: Melissa Stapf

ROOM NUMBER: 163

BEST CONTACT: [melissa.stapf@thompsonschoools.org](mailto:melissa.stapf@thompsonschoools.org)

BASIC OVERVIEW:

View and share student-selected anime, comics, and manga.

MEMBERSHIP REQUIREMENTS: student at LHS

WHERE DO THEY MEET? Room 163

WHEN DO THEY MEET? Tuesdays during lunch

LETTERING REQUIREMENTS: NA

NOTE: During the summer of 2020, they are also meeting via Google Meet on Thursdays by invitation. Email Melissa Stapf if interested.

## **BOOK CLUB**

ADVISOR: Carrie Starkson

ROOM NUMBER: LHS Library

BEST CONTACT: [carrie.starkson@thompsonschoools.org](mailto:carrie.starkson@thompsonschoools.org)

### **BASIC OVERVIEW:**

On the first Monday of the month, we meet in the library right after school to discuss books from different genres. We also have book-to-movie night when we watch the movie of a book we have read and talk about its adaptation.

MEMBERSHIP REQUIREMENTS: NA

WHERE DO THEY MEET? LHS Library

WHEN DO THEY MEET? First Monday of the month

LETTERING REQUIREMENTS: NA

## CREATIVE WRITING CLUB

ADVISOR: Amy Samar

ROOM NUMBER: C-8

BEST CONTACT: [amy.samar@thompsonschoools.org](mailto:amy.samar@thompsonschoools.org)

### BASIC OVERVIEW:

Connect with other students interested in creative writing! Participate in spontaneous writing prompts during meetings and share stories in between meetings on Remind.

MEMBERSHIP REQUIREMENTS: Come to the meetings and participate!

WHERE DO THEY MEET? Room C-8 (Samar)

WHEN DO THEY MEET? Fridays during lunch

LETTERING REQUIREMENTS: NA

## DRAMA / THEATRE

ADVISOR: Karen Bieser

ROOM NUMBER: C-69

BEST CONTACT: [karen.bieser@thompsonschoools.org](mailto:karen.bieser@thompsonschoools.org) or  
Instagram or Facebook – LHS theatre department

### BASIC OVERVIEW:

This club is for all lovers of theatre. No experience is required. We welcome all levels of interest, not just performers. Major events of our club include: Thespian Conference, Lip Sync Battle, Cup of Holiday Cheer, and one-acts.

MEMBERSHIP REQUIREMENTS: none

WHERE DO THEY MEET? Room C-69 and auditorium

WHEN DO THEY MEET? During lunch twice a month (See theatre board outside of the library.)

### LETTERING REQUIREMENTS:

20 points through a variety of activities - See K. Bieser for specifics.

**FCCLA**  
**(FAMILY, CAREER, AND COMMUNITY LEADERS OF AMERICA)**

ADVISORS: Samantha Kressin and Julie Trospen

ROOM NUMBER: 153 / 154

BEST CONTACT: [samantha.morris@thompsonschoools.org](mailto:samantha.morris@thompsonschoools.org) or  
[julie.trospen@thompsonschoools.org](mailto:julie.trospen@thompsonschoools.org)

**BASIC OVERVIEW:**

FCCLA (Family, Career, and Community Leaders of America) is the career and technical student organization for Family and Consumer Sciences courses. Our main focuses are developing leadership skills, engaging in community service opportunities, and participating in competitive events. FCCLA students are eligible to compete in STAR Events (Students Taking Action with Recognition) in a wide range of topics. A few competition examples are: baking and pastry, sports nutrition, entrepreneurship, and teach and train.

**MEMBERSHIP REQUIREMENTS:** Application and \$25 membership fee

**WHERE DO THEY MEET?** Room 153 / 154 (Alternates depending on the week / food being served!) Luckily these rooms are right next door to each other.

**WHEN DO THEY MEET?** Wednesdays during lunch. Check the FCCLA bulletin board outside room 154 for updates and listen for announcements!

**LETTERING REQUIREMENTS:** Lettering is available; see Mrs. Kressin or Mrs. Trospen for the rubric!

**FCA**  
**(FELLOWSHIP OF CHRISTIAN ATHLETES)**

ADVISORS: Chris Michael and Wendy Thompson

ROOM NUMBER: Main gym

BEST CONTACT: [onetribecoach@hotmail.com](mailto:onetribecoach@hotmail.com)  
[wendy.thompson@thompsonschoools.org](mailto:wendy.thompson@thompsonschoools.org)

BASIC OVERVIEW: FCA is an opportunity to gather and grow in our faith as Christians and athletes. It's a great opportunity to meet in fellowship with others who share the same vision and to use our discipleship in the field of play.

MEMBERSHIP REQUIREMENTS: none

WHERE DO THEY MEET? varies

WHEN DO THEY MEET? Mondays at lunch

LETTERING REQUIREMENTS: NA

## **GIVE NEXT**

ADVISOR: Billy McDonald

ROOM NUMBER: 03

BEST CONTACT: [billy.mcdonald@thompsonschoools.org](mailto:billy.mcdonald@thompsonschoools.org)

### **BASIC OVERVIEW:**

Give Next provides students with a hands-on experience of philanthropic giving. Students collaborate with each other and with community organizations to determine issues at the local / school level and then address these issues by focusing on giving and volunteering.

**MEMBERSHIP REQUIREMENTS:** None other than attending / participating in meetings

**WHERE DO THEY MEET?** Mr. McDonald's room: 03

**WHEN DO THEY MEET?** Thursdays over lunch (might change for 2020-2021, depending on student schedules)

**LETTERING REQUIREMENTS:** NA

# JROTC CLUB TEAMS

## AIR RIFLE MARKSMANSHIP TEAM

ADVISOR: Harold Johnson

ROOM NUMBER: JROTC room (off of cafeteria)

BEST CONTACT: [harold.johnson@thompsonschoools.org](mailto:harold.johnson@thompsonschoools.org)

### BASIC OVERVIEW:

The Marksmanship program promotes teamwork, self-confidence, concentration, and basic marksmanship skills. Cadets compete in the Olympic three-position 10-meter Air Rifle format. Competition season is in the fall semester with a combination of postal and traveling shoulder-to-shoulder matches culminating with the JROTC state championships in December. Cadets do a limited spring practice schedule starting in February. The program has a rigorous process for acceptance. Cadets must have a minimum 2.3 cumulative GPA and no failing classes. Cadets must attend the safety class and pass at 100% on a written test annually. Only four cadets on varsity and four cadets on junior varsity, so only the best shots are selected for the teams. Team try-outs are held during the second week of school in the fall semester and the first week in February. Practices are held at Loveland High School for varsity on Mondays and Tuesdays from 3:15-5:00 pm and for junior varsity on Wednesdays.

MEMBERSHIP REQUIREMENTS: must be currently enrolled in JROTC classes at a district high school

WHERE DO THEY MEET? JROTC room

WHEN DO THEY MEET? September 1 – December 10: Mondays, Tuesdays, and Wednesdays from 3:15 – 5:00 pm; February 1 – April 1: Mondays and Tuesdays from 3:15 – 5:00 pm

### LETTERING REQUIREMENTS:

- Attend and participate in 80% of the practices
- Qualify as a minimum as a Marksman (110 out of 300 points)
- Compete in at least four competitions (Postal or Shoulder-to-Shoulder)

- Shooting average of 160 or higher in competitions (minimum of four competitions)
- Cumulative GPA of 2.3 or higher

#### SUMMER CAMPS / ACTIVITIES:

Shooting camp first week of June: Tuesdays and Thursdays from 8:00 am – 12:00 pm

## **JROTC COLOR GUARD / DRILL TEAM**

ADVISOR: Harold Johnson

ROOM NUMBER: JROTC room (off of cafeteria)

BEST CONTACT: [harold.johnson@thompsonschoools.org](mailto:harold.johnson@thompsonschoools.org)

#### BASIC OVERVIEW:

The Drill Team is an exciting extension of the discipline, teamwork, and leadership skills learned in class. The team competes at JROTC drill meets in and out of state. Teams can be male, female or mixed; freshmen or varsity; Regulation or Exhibition. When they participate in competition, they confer pride on their school as a varsity team sport where members may earn a school letter. JROTC drill teams are considered an excellent means to creating appropriate attention, publicity, and interest in the JROTC program and for maintaining a high state of morale. The drill team consists of approximately 10-19 cadets, including the drill team commander. All cadets are eligible for the drill team.

MEMBERSHIP REQUIREMENTS: Must be currently enrolled in JROTC classes at a district high school

WHERE DO THEY MEET? JROTC room and main gym

WHEN DO THEY MEET? September 1 – October 20: Tuesdays and Thursdays from 6:30 – 7:15 am; January 10 – April 15: Tuesdays and Thursdays from 6:30 – 7:15 am

#### LETTERING REQUIREMENTS:

- Attend and participate in 80% of the practices
- Compete in at least three competitions
- Overall drill team placement in top three in at least one competition
- Cumulative GPA of 2.0 or higher

#### SUMMER CAMPS:

Drill camp first week of June: Tuesdays and Thursdays, 8:00 am – 12:00 pm

## **RAIDER TEAM**

ADVISOR: James Ysebeart

ROOM NUMBER: JROTC room (off of cafeteria)

BEST CONTACT: [james.ysebeart@thompsonschoools.org](mailto:james.ysebeart@thompsonschoools.org)

#### BASIC OVERVIEW:

Raider competition or “Raider”, as it is more commonly known, is a very popular athletic competition held within Junior ROTC programs around the United States. It is the Junior ROTC equivalent of the Army ROTC “Ranger” competition in college, only far less dangerous, but very challenging as well. Rules can be very different for Raider competition depending on which school or university is hosting the competition. Raider competitions are designed for a small group of physically fit and mentally tough cadets to compete in various outdoor activities, preferably in a very primitive-type location with solid amenities to ensure safety of the participants.

Competition events can include:

- 5K or 10K individual run or formation run
- Timed obstacle / agility course
- Physical fitness test (push-ups, sit-ups)
- Orienteering
- Tug-of-War
- Rope bridges
- Humvee pull
- Litter carry
- Various other mystery events

Raider teams are broken down to six cadets to a team. There is a fall and spring competition season. The Indian Battalion Raider Teams practice in the fall semester from the first week of school until the second week in October and from the first week of February in the spring semester until the first week of May on Mondays and Wednesdays from 3:30 – 5:00 pm at Loveland High School. New cadets are welcome at any time and are placed on a team based on their athletic ability.

**MEMBERSHIP REQUIREMENTS:** Must be currently enrolled in JROTC classes at a district high school

**WHERE DO THEY MEET?** JROTC room and main gym

**WHEN DO THEY MEET?** September 1 – October 10: Mondays and Wednesdays from 3:30 – 5:00 pm; February 1 – May 5: Mondays and Wednesdays from 3:30 – 5:00 pm

**LETTERING REQUIREMENTS:**

- Attend and participate in 80% of the practices
- Compete in at least three competitions
- Overall Raider team placement in top three in at least one competition
- Cumulative GPA of 2.0 or higher

## KEY CLUB

ADVISORS: Sarah Morehead and Courtney Sylva

ROOM NUMBER: Media Center

BEST CONTACT: [sarah.morehead@thompsonschoools.org](mailto:sarah.morehead@thompsonschoools.org)

### BASIC OVERVIEW:

Kiwanis International is the parent organization of Key Club. Key Club is a student-led service club centered on service to self, school, and community.

MEMBERSHIP REQUIREMENTS: Key Club International dues (\$17); parent permission form

WHERE DO THEY MEET? Media Center

WHEN DO THEY MEET? Thursdays during lunch

### LETTERING REQUIREMENTS:

- Dues paid
- Parent permission form signed
- 50% of meetings attended
- 25 hours of Key Club events
- 25 hours of personal events

## **KNITTING AND CROCHETING CLUB**

ADVISOR: Dimi Reed

ROOM NUMBER: 127

BEST CONTACT: [leslie.reed@thompsonschoools.org](mailto:leslie.reed@thompsonschoools.org)

### **BASIC OVERVIEW:**

We knit and crochet items to donate to charitable causes including knitting hats to be donated to patients undergoing chemotherapy. No prior knowledge is needed; we will provide materials and teach you how!

MEMBERSHIP REQUIREMENTS: desire to learn to knit and help others

WHERE DO THEY MEET? Room 127

WHEN DO THEY MEET? During lunch two times per week

LETTERING REQUIREMENTS: NA

## KNOWLEDGE BOWL

COACH: Marty Jasken

ROOM NUMBER: 145

BEST CONTACT: [martin.jasken@thompsonschoools.org](mailto:martin.jasken@thompsonschoools.org)

### BASIC OVERVIEW:

Knowledge Bowl is a quiz-type game where we compete against other schools in the area.

### MEMBERSHIP REQUIREMENTS:

WHERE DO THEY MEET?

WHEN DO THEY MEET?

### LETTERING REQUIREMENTS:

**L CLUB**  
**(LEADERSHIP CLUB)**

ADVISOR: Wendy Thompson

ROOM NUMBER: A-11

BEST CONTACT: [wendy.thompson@thompsonschoools.org](mailto:wendy.thompson@thompsonschoools.org)

**BASIC OVERVIEW:**

Provide leadership training for athletes (specifically captains / future leaders) of sports teams

**MEMBERSHIP REQUIREMENTS:** recommendation of coaches

**WHERE DO THEY MEET?** Room A-11

**WHEN DO THEY MEET?** once a month (You will be notified.)

**LETTERING REQUIREMENTS:** NA

**LOVELAND BUSINESS LEADERS  
(DECA AND FBLA)**

**DECA**

ADVISOR: Richy Lynn

ROOM NUMBER: D-17

BEST CONTACT: [richy.lynn@thompsonschoools.org](mailto:richy.lynn@thompsonschoools.org)

**BASIC OVERVIEW:**

DECA is a career and technical student organization that focuses on the development of business professionals. With over seventy years of history, DECA has impacted the lives of more than ten million students, educators, school administrators, and business professionals since it was founded in 1946. Our core focus has remained consistent and is captured in our mission to *“prepare emerging leaders and entrepreneurs in marketing, finance, hospitality, and management in high schools and colleges around the globe.”*

**MEMBERSHIP REQUIREMENTS:**

WHERE DO THEY MEET?

WHEN DO THEY MEET?

**LETTERING REQUIREMENTS:**

## FBLA

ADVISOR: Troy Lussenhop

ROOM NUMBER: D-12

BEST CONTACT: [troy.lussenhop@thompsonschoools.org](mailto:troy.lussenhop@thompsonschoools.org) or 970-481-1026 (cell phone)

### BASIC OVERVIEW:

- Leadership development
- Academic competitions
- Educational programs
- Membership benefits
- Community service
- Awards and recognition
- 

### MEMBERSHIP REQUIREMENTS:

WHERE DO THEY MEET? Room D-12

WHEN DO THEY MEET?

### LETTERING REQUIREMENTS:

**LUC**  
**(LATINOS UNIFIED IN COMMUNITY)**

ADVISOR: Julie Sullivan, ELD teacher on special assignment (TOSA) with Learning Services

ROOM NUMBER: 149 (Carie Campios' room)

BEST CONTACT: [julie.sullivan@thompsonschoools.org](mailto:julie.sullivan@thompsonschoools.org) or 970-613-6885

**BASIC OVERVIEW:**

LUC is a club focusing on student leadership, community service, and the celebration of diverse cultures. We attend diversity conferences at CSU and UNC as well as try to fit in a cultural field trip to a museum that features exhibits around Latin culture.

**MEMBERSHIP REQUIREMENTS:**

All students are welcome to attend meetings and join in club activities. Participation in club activities outside of the school will require parent / guardian permission.

WHERE DO THEY MEET? Room 149

WHEN DO THEY MEET? Every Wednesday during lunch

LETTERING REQUIREMENTS: NA

## MESA

ADVISOR: Erin Kennedy

ROOM NUMBER: 115

BEST CONTACT: [erin.kennedy@thompsonschoools.org](mailto:erin.kennedy@thompsonschoools.org)

### BASIC OVERVIEW:

MESA is a Club aimed at promoting creativity, friendships, and student achievement in math, the sciences, and engineering-related fields. We work on fun projects and challenges related to science and engineering, such as building and launching basswood gliders, optical challenges, Junkyard War-themed competitions, electroplating car keys, creating wind-powered vehicles.....and much more!

MEMBERSHIP REQUIREMENTS: none

WHERE DO THEY MEET? Room 115

WHEN DO THEY MEET? After school once a week every other week

### LETTERING REQUIREMENTS:

- Attend over 70% of the annual meetings
- Maintain a GPA of 3.0 or higher
- Participate in at least two multiple-session MESA projects
- Job shadow someone in a science, math, or engineering career
- Be in good standing with the LHS attendance and discipline policies
- Pay the annual fee of \$10 for dues (covers the cost of letter/pin/bar)

## MUSICAL

DIRECTOR: Nicole Steketee-Cecillani

ROOM NUMBER: Auditorium / Choir room – A-4

BEST CONTACT: [nicole.steketee@thompsonschoools.org](mailto:nicole.steketee@thompsonschoools.org)

### BASIC OVERVIEW:

The musical production occurs in the spring. (See Choir Department schedule for information.) The musical will be announced before the school year begins in the fall, with auditions occurring near the end of the first semester. For more information on auditions, see the LHS Choir website for updates: [www.lovelandhighchoirs.org](http://www.lovelandhighchoirs.org). We also need students involved in the technical side of the production and the orchestra pit.

MEMBERSHIP REQUIREMENTS: The musical is open to LHS students. Auditions occur in the fall. For more information, contact Ms. Steketee.

WHERE DO THEY MEET? Choir room (A-4) and auditorium

WHEN DO THEY MEET? Rehearsals begin following auditions and run after school, generally from 4:00 – 6:30 pm. Times vary for certain members of the ensemble. Students interested in tech can also get information from Ms. Steketee.

LETTERING REQUIREMENTS: Lettering points for the musical can apply both toward choir lettering and Act 2 (Theatre) lettering: [www.lovelandhighchoirs.org](http://www.lovelandhighchoirs.org)

## NATIONAL ART HONOR SOCIETY (NAHS)

ADVISOR: Jennifer Martin

ROOM NUMBER: 363

BEST CONTACT: [jennifer.martin@thompsonschoools.org](mailto:jennifer.martin@thompsonschoools.org)

### BASIC OVERVIEW:

National Art Honor Society is a group of individuals working to better their artistic abilities, school, and surrounding communities through activities, creation, volunteering, and giving to their community. Our charter is nationally recognized.

### MEMBERSHIP REQUIREMENTS:

GPA, volunteer and community hours, art creation hours, and various artist events in LHS and the surrounding communities. Please see charter bylaws.

WHERE DO THEY MEET? Room 363

WHEN DO THEY MEET? Every other Monday or Tuesday at lunch (depends on vote)

### LETTERING REQUIREMENTS:

- Attend required number of monthly meetings within a school year
- Maintain a GPA of 3.2 or higher
- Participate in at least two NAHS projects / community events per semester or activities sponsored by NAHS
- Attend two community art events per semester
- Be in good standing with NAHS and LHS guidelines and policies, including Loveland High School's by-laws
- Pay annual dues
- Parent signature sheet and by-laws signed
- Complete at least thirty hours of community service

## **NATIONAL HONOR SOCIETY**

ADVISOR: Greg Morrison

ROOM NUMBER: 134

BEST CONTACT: [gregory.morrison@thompsonschoools.org](mailto:gregory.morrison@thompsonschoools.org)

### **BASIC OVERVIEW:**

NHS is a service club that focuses on character, scholarship, leadership, and community outreach.

MEMBERSHIP REQUIREMENTS: 3.7 overall cumulative weighted GPA and apply for membership in the spring

WHERE DO THEY MEET? Library

WHEN DO THEY MEET? 2<sup>nd</sup> Tuesday of the month during lunch

### **LETTERING REQUIREMENTS:**

- 3.8 GPA or higher
- Attend 6 meetings
- Participate in 6 events
- Complete 30 hours of community service
- Belong to an NHS subcommittee (Dedicated Problem Solvers, Kindness Committee, or Service with a Purpose)

## **DEDICATED PROBLEM SOLVERS (NHS SUBCOMMITTEE)**

ADVISOR: Greg Morrison

ROOM NUMBER: 134

BEST CONTACT: [gregory.morrison@thompsonschoools.org](mailto:gregory.morrison@thompsonschoools.org)

### **BASIC OVERVIEW:**

Dedicated Problem Solvers (DPS) is a student group that focuses on offering peer tutoring to any student who is looking for academic support.

MEMBERSHIP REQUIREMENTS: None; generally members of DPS are members of NHS.

WHERE DO THEY MEET? room 134

WHEN DO THEY MEET? Approximately twice a month during lunch

LETTERING REQUIREMENTS: NA

## **NATIONAL TECHNICAL HONOR SOCIETY**

ADVISORS: Richy Lynn / AJ Clark / Samantha Kressin

ROOM NUMBER:

BEST CONTACT:

BASIC OVERVIEW:

MEMBERSHIP REQUIREMENTS:

WHERE DO THEY MEET?

WHEN DO THEY MEET?

LETTERING REQUIREMENTS:

## OCEAN SCIENCES BOWL AND SCIENCE BOWL

COACHES: Dimi Reed and Robyn Herhager

ROOM NUMBER: 127

BEST CONTACT: [leslie.reed@thompsonschoools.org](mailto:leslie.reed@thompsonschoools.org) or swing by room 127 to have a personal conversation!

BASIC OVERVIEW:

Both Ocean Science Bowl and Science Bowl cover science-based trivia questions and compete in regional meets for each group.

MEMBERSHIP REQUIREMENTS: Practice weekly during the season in order to compete in January and February

WHERE DO THEY MEET? Room 127

WHEN DO THEY MEET? During lunch twice a week, starting in late October

LETTERING REQUIREMENTS: NA

## PEER AMBASSADORS

ADVISOR: Laura Anderson

ROOM NUMBER: Counseling Office (302 and 307, respectively)

BEST CONTACT: [laura.anderson@thompsonschoools.org](mailto:laura.anderson@thompsonschoools.org) (970-613-5207)

### BASIC OVERVIEW:

Peer Ambassadors are junior and senior students who work with the LHS school counselors to offer support and resources to their peers. Peers meet bi-monthly on Mondays during lunch to receive information and training that will help them be effective in helping others. Activities include:

- Giving building tours and assisting new students who transfer to LHS
- Working with Student Council to lead 9<sup>th</sup> grade orientation in August
- Speaking at middle schools in the spring to help 8<sup>th</sup> grade students transition to high school
- Presenting teen dating information in health classes
- Assisting at a variety of school events throughout the year
- Assembling and delivering care packages to students and staff going through difficult times

### MEMBERSHIP REQUIREMENTS:

Members must be in their junior or senior year. An application process is required: paper application, teacher recommendations (2), and an interview with Brett Cain or Laura Anderson. Membership is limited to roughly fifteen students per grade-level.

WHERE DO THEY MEET? Room C-2

WHEN DO THEY MEET? Mondays during lunch (bi-monthly)

### LETTERING REQUIREMENTS:

- Attendance at bi-monthly meetings: > 75%
- Ninth grade orientation: pre-orientation training and small group leadership on transition day
- Full-day training led by Alternatives to Violence

LETTERING REQUIREMENTS (CONTINUED):

- Healthy relationship presentation(s) to LHS health classes – semesters 1 & 2
- Building tour(s) for new students OR
- Volunteer service for at least two events, including: Back-to-School Night, Curriculum Fair, Registration Night, Activities and Athletics Fair, or other event(s) as arranged

## RIVER WATCH

ADVISORS: Kelly Griffith and Ryan Turner

ROOM NUMBER: 123

BEST CONTACT: [kelly.griffith@thompsonschoools.org](mailto:kelly.griffith@thompsonschoools.org)

### BASIC OVERVIEW:

River Watch conducts water quality tests of the Big Thompson River for the Colorado Department of Wildlife and also serves as the environmental club at Loveland High.

MEMBERSHIP REQUIREMENTS: regular attendance and participation

WHERE DO THEY MEET? Wednesdays at the river; Thursdays at LHS

WHEN DO THEY MEET? First Wednesday of the month at 7:30 at the river for water collection; first Thursday of the month at 7:30 at LHS for water testing (subject to change in 2020-2021 with what works for students)

### LETTERING REQUIREMENTS:

- 75% attendance and participation in events
- Certified in three of the four water tests

## ROBOTICS TEAM

COACHES: Mike Pintaric and Jenn Hall

ROOM NUMBER: 145

BEST CONTACT: [michael.pintaric@thompsonschoools.org](mailto:michael.pintaric@thompsonschoools.org)

### BASIC OVERVIEW:

In a six-week time frame, we build a functioning robot that we send to a FIRST regional event in Denver. Throughout the year, we also meet and work on other robotics and engineering projects. This is also a class that you can take for CTE credit.

MEMBERSHIP REQUIREMENTS: Sign up for the class

WHERE DO THEY MEET? Room 145

WHEN DO THEY MEET? During scheduled class period

### LETTERING REQUIREMENTS:

- Attend at least 80% of all build season events
- Log over 65 of the available hours
- Complete all build season assignments
- Attend specific activities that involve the team

## **ROTARY INTERNATIONAL INTERACT CLUB**

ADVISOR: Cheryl McCahan

(Dixie Schmatz is the Loveland Rotary representative.)

ROOM NUMBER: C-65

BEST CONTACT: [cheryl.mccahan@thompsonschoools.org](mailto:cheryl.mccahan@thompsonschoools.org)

### **BASIC OVERVIEW:**

As a service organization, in conjunction with Rotary Club, we provide community service at various times during the year, both locally and globally. Activities might include reading support for elementary students, leadership retreats, and homeless awareness projects. Club members are encouraged to come up with other ideas of their own.

**MEMBERSHIP REQUIREMENTS:** Any LHS student interested in community service

**WHERE DO THEY MEET?** Room C-65

**WHEN DO THEY MEET?** During lunch, typically twice a month; days to be determined by current membership

**LETTERING REQUIREMENTS:** Members are able to letter. Requirements will be reevaluated in the Fall of 2020, but are based on attendance at meetings and participation in service activities.

## **SOCIAL CLUB**

ADVISOR: Rhondda Walker

ROOM NUMBER: Room 164

BEST CONTACT: [rhondda.walker@thompsonschoools.org](mailto:rhondda.walker@thompsonschoools.org)

### **BASIC OVERVIEW:**

This Social Club was developed for students who have been diagnosed with Autism Spectrum Disorder or Social Anxiety Disorder, but is open to anyone. It allows students a safe place to eat lunch, play school-appropriate video games, and talk.

MEMBERSHIP REQUIREMENTS: none

WHERE DO THEY MEET? room 163

WHEN DO THEY MEET? Wednesdays at lunch (or other days upon request)

LETTERING REQUIREMENTS: NA

## **TABLETOP GAMING CLUB**

ADVISOR: Martin Jasken

ROOM NUMBER: C-81

BEST CONTACT: [martin.jasken@thompsonschoools.org](mailto:martin.jasken@thompsonschoools.org)

BASIC OVERVIEW:

Students meet once a week to play tabletop games (no electronic games!)

MEMBERSHIP REQUIREMENTS: none – simply attend

WHERE DO THEY MEET? Room C-81

WHEN DO THEY MEET? Every Wednesday from 3:00 – 5:00 pm

LETTERING REQUIREMENTS: NA

# CLASS-RELATED ACTIVITIES

## YEARBOOK

ADVISOR: Courtney Sylva

ROOM NUMBER: C-59

BEST CONTACT: [courtney.sylva@thompsonschoools.org](mailto:courtney.sylva@thompsonschoools.org)

### BASIC OVERVIEW:

Creation of school yearbook: Attend athletic events, school activities, and club events. Have eyes and ears open to what is going on in the school and with the students to create relevant stories. Use photography, graphic design, and writing and editing skills to create the yearbook. Students also must use marketing skills to sell business and personal ads as well as the book itself.

MEMBERSHIP REQUIREMENTS: Good attendance, good standing with grades 3.0 or higher

WHERE DO THEY MEET? Room C-59

WHEN DO THEY MEET? Undetermined

LETTERING REQUIREMENTS: Not applicable at this time, though a change in that status is being worked on

# CHSAA-SANCTIONED SPORTS

## **BASEBALL** **(SPRING SEASON)**

HEAD COACH: Casey Brock

ROOM NUMBER: NA – out-of-building

BEST CONTACT: [caseybrock07@gmail.com](mailto:caseybrock07@gmail.com)

LEVELS: Varsity, Junior Varsity, C

WHERE DO THEY PRACTICE?

WHEN DO THEY PRACTICE?

SUMMER CAMPS / ACTIVITIES:

LETTERING REQUIREMENTS:

## **BASKETBALL (BOYS)** **(WINTER SEASON)**

HEAD COACH: Chris Gebhardt

ROOM NUMBER: NA

BEST CONTACT: [cgebhardt@subaruofloveland.com](mailto:cgebhardt@subaruofloveland.com)

LEVELS: Varsity, Junior Varsity, C, D

WHERE DO THEY PRACTICE?

Varsity / JV: LHS main gym

C / D: LHS auxiliary gym

WHEN DO THEY PRACTICE? All levels: 6:15 – 8:15

SUMMER CAMPS / ACTIVITIES:

Generally, we will have one summer camp and a team camp. Obviously this year that will not be the case; but each year after (hopefully), we will have a camp at Loveland High School and a team camp we attend each summer. (all levels)

LETTERING REQUIREMENTS:

- Play in 75% of all varsity regular season quarters OR
- Appear in one play-off game

## **BASKETBALL (GIRLS)** **(WINTER SEASON)**

HEAD COACH: AJ Clark

ROOM NUMBER: 148

BEST CONTACT: [aaron.clark@thompsonschoools.org](mailto:aaron.clark@thompsonschoools.org)

LEVELS: Varsity, Junior Varsity, C

WHERE DO THEY PRACTICE? Loveland High School main and auxiliary gyms

WHEN DO THEY PRACTICE? 4:00 – 6:30 pm

SUMMER CAMPS / ACTIVITIES:

We run skill development twice a week for free through the month of June and participate in multiple camps, as well, during that time.

LETTERING REQUIREMENTS:

- Play in at least 75% of all varsity regular-season quarters OR
- Play in a play-off game

## **BASKETBALL (UNIFIED)** **(WINTER SEASON)**

HEAD COACH: Heidi Abrahamson

ROOM NUMBER: multiple rooms in Physical Education area

BEST CONTACT: [heidi.abrahamson@thompsonschoools.org](mailto:heidi.abrahamson@thompsonschoools.org)

LEVELS: Varsity

WHERE DO THEY PRACTICE? small gym

WHEN DO THEY PRACTICE? Mondays from 4:00 – 5:00, December through mid-March

SUMMER CAMPS / ACTIVITIES: none

LETTERING REQUIREMENTS:

- Must be at 80% of practices
- Play in 80% of games
- Play at regionals and state

## CHEER

HEAD COACH: Lisa Nyhart

ROOM NUMBER: NA – out of building

BEST CONTACT: [lovelandhscheerleading@gmail.com](mailto:lovelandhscheerleading@gmail.com)

LEVELS: Varsity, Junior Varsity

WHERE DO THEY PRACTICE? cafeteria (during school year); Steele Athletics – Loveland

WHEN DO THEY PRACTICE?

Fall: TBD once the school year begins

Typically two evenings a week for two hours each

Practices may increase during competition / state weeks

SUMMER CAMPS / ACTIVITIES: Practices, team camps – dates / locations TBD

LETTERING REQUIREMENTS:

- Must be at all athletic events to cheer as assigned by the coach
- Must attend all competitions as a competitor or as an alternate
- If illness or emergencies occur, you must make every effort to find a replacement to cheer when the squad is split.

For more specific information, please refer to cheerleader packet available from the coach.

## **CROSS COUNTRY (BOYS / GIRLS) (FALL SEASON)**

HEAD COACH: Colleen Torres

ROOM NUMBER: Office Room 102

BEST CONTACT: [colleen.torres@thompsonschoools.org](mailto:colleen.torres@thompsonschoools.org) 970-232-8857

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? Meet at North Lake Park Pavilion (just down from LHS)

WHEN DO THEY PRACTICE? 4:15 pm and 6:30 am (Wednesdays only)

SUMMER CAMPS / ACTIVITIES:

Voluntary summer training runs on Mondays, Wednesdays, Thursdays, and Fridays – times and locations TBD. (Contact coach for information.) Optional summer running camp TBD.

LETTERING REQUIREMENTS:

- Run in 75% of all varsity races
- Run on a team that qualifies at regionals for the state meet
- Be a fourth-year senior in good standing with the program
- Coaches' discretion is used in the case of injury, illness, or extenuating circumstances.

## **FOOTBALL**

### **(FALL SEASON)**

HEAD COACH (VARSITY / JV): Jeff Mauck

FRESHMAN HEAD COACH: Jeff Nye

ROOM NUMBER: NA – out of building

BEST CONTACT: [jmauck2504@comcast.net](mailto:jmauck2504@comcast.net) or 970-978-7656

LEVELS: Varsity, Junior Varsity, Freshmen

WHERE DO THEY PRACTICE? Varsity / JV – field east of building; freshmen – field south of weight room

WHEN DO THEY PRACTICE? Non-game days Monday through Friday

Varsity / JV: August 10 – first day of school: 3:30 – 6:30 pm

Freshmen: August 10 – first day of school: 3:30 – 6:00 pm

All levels: first day of school – end of season: 4:15 – 6:30 pm

SUMMER CAMPS / ACTIVITIES: TBD

LETTERING REQUIREMENTS:

- Play in ten varsity quarters OR
- One play of any play-off game

**FOOTBALL (UNIFIED FLAG)  
(FALL SEASON)**

HEAD COACH (VARSITY / JV): Nathan Hummell

ROOM NUMBER: C-80

BEST CONTACT: [nathan.hummel@thompsonschoools.org](mailto:nathan.hummel@thompsonschoools.org)

LEVELS: Varsity

WHERE DO THEY PRACTICE? Field just south of the west parking lot

WHEN DO THEY PRACTICE? Mondays from 4:00 – 5:00 pm

SUMMER CAMPS / ACTIVITIES: NA

LETTERING REQUIREMENTS:

- Participate in half of the games in one season

**GOLF (BOYS AND GIRLS)**  
**(BOYS – FALL / GIRLS - SPRING SEASON)**

HEAD COACH: Bill Stephens

ROOM NUMBER: NA – out of building

BEST CONTACT: [william.stephens@thompsonschoools.org](mailto:william.stephens@thompsonschoools.org)

LEVELS: Varsity and Junior Varsity with all participants playing tournaments during the season

WHERE DO THEY PRACTICE? The Olde Course at Loveland

WHEN DO THEY PRACTICE? Monday through Friday, with the exception of tournament days; 4:20 – 6:00 pm, unless we are on the course playing; players are responsible for informing parents of pick-up times.

COSTS: Range balls are provided during the season. Cost of golf is \$5 per nine holes at all three courses in the city. The school will pay the cost for playing in any tournaments.

SUMMER CAMPS / ACTIVITIES: none

LETTERING REQUIREMENTS:

- Play in five varsity events during the season
- Spots for play are determined by prior play with the team and qualifying rounds.

## **GYMNASTICS (FALL SEASON)**

HEAD COACH: Jessica Toomey

ROOM NUMBER: NA – out of building

BEST CONTACT: 970-391-8609 or [LHS.coach.toomey@gmail.com](mailto:LHS.coach.toomey@gmail.com)

LEVELS: Varsity

WHERE DO THEY PRACTICE? small gym

WHEN DO THEY PRACTICE? Monday through Thursday from 5:00 – 7:00 pm;  
optional Saturday practices, times TBD

SUMMER CAMPS / ACTIVITIES:

No summer preseason activities are planned at this time, but will begin and be updated as things change.

LETTERING REQUIREMENTS:

- Earn 40 points for the team during the season or compete in ten varsity events over the course of the season.
- Maintain a positive attitude and demonstrate sportsmanship throughout the season.
- Demonstrate a strong commitment to gymnastics, the team, the team's goals, and individual improvement throughout the season.
- Be chemical-free and have no behavior violations.
- *COACH'S DISCRETION MAY BE USED.*
  - The coach may award a letter due to extenuating circumstances.
  - Letters may be denied due to attitude / disciplinary problems.

**SOCCER (BOYS)**  
**(FALL SEASON)**

HEAD COACH: Chad Arthur

ROOM NUMBER: NA – out of building

BEST CONTACT: cell – 303-710-1835 or [arthurtect@hotmail.com](mailto:arthurtect@hotmail.com)

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? Lincoln Elementary (3312 Douglas Avenue)

WHEN DO THEY PRACTICE? 4:30 – 6:30 pm

SUMMER CAMPS / ACTIVITIES:

Kick-Arounds: every Monday and Thursday

Mini-Camp: mid-July

University of Denver Team Camp: late July

Skills and Conditioning Camp: two-weeks before try-outs

Team-building Activities: throughout the summer

hiking, kayaking, camping, etc.

annual 14er hike: late July, early August

LETTERING REQUIREMENTS: Play in half of varsity games

## **SOCCER (GIRLS) (SPRING SEASON)**

HEAD COACH: Jeff Pomranka

ROOM NUMBER: NA – out of building

BEST CONTACT: [jeffrey@pomranka.net](mailto:jeffrey@pomranka.net) or 314-226-1713

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? field south of the weight room

WHEN DO THEY PRACTICE? Monday through Friday from 4:10 – 6:00 pm, with occasional Saturday morning sessions from 10:00 – 11:30 am

SUMMER CAMPS / ACTIVITIES:

Weights / strength training: TBD, depending on interest

Pick-up games at the practice field with times to be determined

Please check [loveland.soccer](http://loveland.soccer) for updated information and details.

LETTERING REQUIREMENTS:

- Dress out and be on the roster for two-thirds of the regular season games.

**View our website at [loveland.soccer](http://loveland.soccer) for more information.**

## **SOFTBALL**

### **(FALL SEASON)**

HEAD COACH: Mike Felton

ROOM NUMBER: 149

BEST CONTACT: [michael.felton@thompsonschoools.org](mailto:michael.felton@thompsonschoools.org)

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? North Lake Field (south of Loveland High and Owens Field)

WHEN DO THEY PRACTICE? Monday through Friday from 4:15 – 5:30 pm

SUMMER CAMPS / ACTIVITIES:

Voluntary workouts August 4, 5, and 6 from 10:00 until noon on North Lake

Try-outs August 10, 11, and 12 from 3:00 until 5:00 on North Lake

Parent meeting August 10 in the library from 6:00 until 6:45

LETTERING REQUIREMENTS:

- Play in half of the varsity games OR
- Play at regionals or state

**SWIMMING (BOYS AND GIRLS)**  
**(GIRLS – WINTER / BOYS – SPRING SEASON)**

HEAD COACH: Sarah Vlatkovich

ROOM NUMBER: NA – out of building

BEST CONTACT: [sarah.vlatkovich@thompsonschoools.org](mailto:sarah.vlatkovich@thompsonschoools.org) or 303-324-7596

LEVELS: All – novice to expert – No cuts are made.

WHERE DO THEY PRACTICE? Loveland High pool and LHS weight room

WHEN DO THEY PRACTICE? Daily after school and three mornings each week

SUMMER CAMPS / ACTIVITIES: No summer practices at this time (2020-2021)

LETTERING REQUIREMENTS: Lettering is a combination of attendance and performance in both athletics and academics. Anyone can letter with enough dedication to the team.

Up-to-date information and team email list sign-up can be found at:

<http://www.swimdiveloveland.com>

## **TENNIS (BOYS)** **(FALL SEASON)**

HEAD COACH: Brian Lindsey

ROOM NUMBER: 152

BEST CONTACT: [brian.lindsey@thompsonschoools.org](mailto:brian.lindsey@thompsonschoools.org) or mobile – 970-690-7380

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? North Lake Park courts (south of Loveland High)

WHEN DO THEY PRACTICE? Starting August 10, from 4:00 until 5:30 pm, M-F

SUMMER CAMPS / ACTIVITIES: Voluntary practices TBD until August 10

LETTERING REQUIREMENTS:

- Participation in 90% of all practices
- Compete in at least two varsity events

## **TENNIS (GIRLS)** **(SPRING SEASON)**

HEAD COACH: Heidi Abrahamson

ROOM NUMBER: multiple rooms in Physical Education area

BEST CONTACT: [heidi.abrahamson@thompsonschoools.org](mailto:heidi.abrahamson@thompsonschoools.org)

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? North Lake Park courts (south of Loveland High)

WHEN DO THEY PRACTICE? Daily from 4:05 – 6:00 pm from the last week of February through mid-May

SUMMER CAMPS / ACTIVITIES: Pre-season TBA

LETTERING REQUIREMENTS:

- Play in three or more varsity matches OR
- Be a senior and play two or more seasons at the junior varsity level

## **TRACK AND FIELD (SPRING SEASON)**

HEAD COACH: Matt Robbins

ROOM NUMBER: NA – out of building

BEST CONTACT: [matt.robbins@thompsonschoools.org](mailto:matt.robbins@thompsonschoools.org)

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? Loveland High School track

WHEN DO THEY PRACTICE: 4:00 pm

SUMMER CAMPS / ACTIVITIES: none

LETTERING REQUIREMENTS:

- Earn ten points in varsity-level meets OR
- Place at league, regional, or state meet

## **VOLLEYBALL (FALL SEASON)**

HEAD COACH: Sonja deBord

ROOM NUMBER: NA – out of building

BEST CONTACT: [lovelandhighvb@gmail.com](mailto:lovelandhighvb@gmail.com) (best) or 970-240-4417

LEVELS: Varsity, Junior Varsity, C, D

WHERE DO THEY PRACTICE? main gym

WHEN DO THEY PRACTICE? C / D teams: every day after school; JV / VAR: every day at 5:30 pm

SUMMER CAMPS / ACTIVITIES: open gyms and camps, as invited

LETTERING REQUIREMENTS:

- must be a post-season participant at the varsity level

**WRESTLING (BOYS AND GIRLS)  
(WINTER SEASON)**

HEAD COACH: Troy Lussenhop

ROOM NUMBER: D-12

BEST CONTACT: 970-481-1026 or [troy.lussenhop@thompsonschoools.org](mailto:troy.lussenhop@thompsonschoools.org)

LEVELS: Varsity and Junior Varsity

WHERE DO THEY PRACTICE? wrestling room

WHEN DO THEY PRACTICE?

SUMMER CAMPS / ACTIVITIES:

LETTERING REQUIREMENTS:

## **ATHLETIC TRAINING / MANAGERS (SELECTED SEASON)**

SCHOOL ATHLETIC TRAINER: Chris Voller

ROOM NUMBER: Athletic training room (next to wrestling room)

BEST CONTACT: [cvoller@orthohealth.com](mailto:cvoller@orthohealth.com) or 970-218-4791

### **BASIC OVERVIEW:**

Be a manager for our athletic teams and learn basic taping and first-aid techniques.

MEMBERSHIP REQUIREMENTS: Basic first-aid / CPR at some point during high school

WHERE DO THEY MEET? Athletic training room

WHEN DO THEY MEET? Every day, but depends on season / sport

### **LETTERING REQUIREMENTS:**

- Learn basic taping and first-aid
- Must come for one full season of any sport
- Letter for only JV or varsity sports

**ICE HOCKEY  
(WINTER SEASON)**

Hockey is not offered at Loveland High School or at any other school in the Thompson School District. Loveland High students wanting to play hockey have, in the past, played for either Resurrection Christian or Fort Collins High School. All questions and clearance procedures should be directed to the “host” school.

**LACROSSE (BOYS AND GIRLS)  
(SPRING SEASON)**

Lacrosse is not offered at Loveland High School, but students may play on the Thompson Valley High School team. All questions and clearance procedures should be directed to Beth Mierau at TVHS: 613-7932.

**BOYS' VOLLEYBALL  
(SPRING SEASON)**

Boys' volleyball is not offered at Loveland High School, but students may play on the Mountain View High School team. All questions and clearance procedures should be directed to Mae Svendsen at MVHS: 613-7826.

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