

# Adelanto High School

## Fall Sports Information

### Cheer

Head Coach: Ashleigh Thorup – [Ashleigh.thorup@yahoo.com](mailto:Ashleigh.thorup@yahoo.com)

Parent Info Meeting: June 1<sup>st</sup> 6:30-7:30pm

Tryout Practices: June 9<sup>th</sup> & 10<sup>th</sup> 2:30-4:30pm and June 11<sup>th</sup> 12-4pm



### Football

Head Coach: Isaac Griffin – [sub\\_igriffin@vvhhsd.org](mailto:sub_igriffin@vvhhsd.org)



Head Coach: Mr. Wilson – [WWILSON@vvhhsd.org](mailto:WWILSON@vvhhsd.org)



### Girls Volleyball



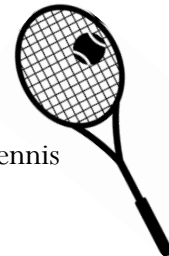
Head Coach: Ayana Marques – [ajmvball@gmail.com](mailto:ajmvball@gmail.com)

Freshmen Tryouts: June 7<sup>th</sup> 2-4pm

### Girls Tennis

Head Coach: Mr. Porter – [zporter@vvhhsd.org](mailto:zporter@vvhhsd.org) @Adelantotennis

Practice starts in July



Click **HERE**  
for athletic  
clearance  
instructions

#### Questions? Please Contact

Janet Mawhorter, Athletic Assistant [jmawhorter@vvhhsd.org](mailto:jmawhorter@vvhhsd.org)  
Brandon Mikkelson, Athletic Director [bmikkelson@vvhhsd.org](mailto:bmikkelson@vvhhsd.org)

**\*Must be enrolled and have athletic clearance to participate in sports\***  
Complete your athletic clearance at: [athleticclearance.com](http://athleticclearance.com)