

# Freshman Orientation Information

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# Athletics

## Registration

### Fall Teams

Fall Cheer  
Cross Country  
Field Hockey  
Football  
Girls Golf  
Girls Tennis  
Girls Volleyball  
Water Polo Boys  
Water Polo Girls

### Register at:

<https://sportsnethost.com/sobratohs-parent>

### Tryout Info at:

<https://sobratoathletics.olinesports.com>

**Sport Physicals: August 17, 2024**

By Appointment, Contact Dr. Taylor @ Sobrato

## Tryouts

### Eligibility

All participation in interscholastic athletics is voluntary and therefore a privilege, not a right. Student-athletes must meet the eligibility requirements in order to participate in any team function.

### Basic Requirements:

1. Complete the Athletic Registration process (SportsNet).
2. Scholastically during the previous quarter/semester:
  - a. A. Maintain a 2.0 grade point average or better on all school work.
  - b. Meet minimum progress toward graduation.

Expanded & Detailed Requirements at  
<https://sobratoathletics.olinesports.com>  
Click Links/forms

## General Information

### Coaches Contacts

1. Rich Braen, Girls Tennis; [richbraen@gmail.com](mailto:richbraen@gmail.com)
2. Coach Hemeon, Cheer, [sobratocheer@mhusd.org](mailto:sobratocheer@mhusd.org)
3. Coach Edgar, Girls Water Polo, [kyle.sobratoswim@gmail.com](mailto:kyle.sobratoswim@gmail.com)
4. Coach Dowd, Boys Water Polo, [dowds@mhusd.org](mailto:dowds@mhusd.org)
5. Coach Tuua, Cross-country, [sobratotrackfield@gmail.com](mailto:sobratotrackfield@gmail.com)
6. Field Hockey, TBD
7. Coach Rueda, Football, [ruedaj@mhusd.org](mailto:ruedaj@mhusd.org)
8. Coach Daniel, Girls Golf, [tdanielsr@pga.com](mailto:tdanielsr@pga.com)
9. Coach Clifton, Girls Volleyball, [cliftond76@yahoo.com](mailto:cliftond76@yahoo.com)





# Athletics



FALL (August)	WINTER (October)	SPRING (January)
<b><u>First Day of Tryouts</u></b> <b><u>(8/9/24)</u></b>	<b><u>First Day of Tryouts</u></b> <b><u>(11/4/24)</u></b>	<b><u>First Day of Tryouts</u></b> <b><u>(2/3/25)</u></b>
Cheer Football Boys Water Polo Cross Country (Co-ed) Girls Tennis Girls Field Hockey Girls Water Polo Girls Golf Girls Volleyball	Cheer Wrestling Boys Soccer Boys Basketball Girls Soccer Girls Basketball	Badminton (Co-Ed) Baseball Boys Golf Boys Tennis Boys Volleyball Diving (Co-Ed) Lacrosse (Boys & Girls) Softball Swimming (Boys & Girls) Track & Field (Boys & Girls)



# Drama

## Fall Auditions

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**Attack of the Killer  
Man from the Sun  
August 23, 2024**

## Spring Auditions

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**Spongebob Squarepants  
January 8-10, 2025**

**See Mr. deMelo in the PAC for more information!**



# Clubs

**Club Rush Day: Friday, August 30th during lunch**

Why Join a club on campus?

- ~ Connecting with peers who share the same interests and/or passions
- ~ Finding community & friendship
- ~ Involvement in school community (may look good on a resume)

How to join a club on campus

- ~ Club Rush - a great way to see all the student clubs Sobrato has to offer!
- ~ Most clubs will openly accept anybody, so just show up!

Where to find a list of clubs

- ~ [Sobrato Club Website](#) (yet to be updated to current school year)

# ↪ Band

## Concert Band & Wind Ensemble

Concert Band is open to all students, regardless of experience. Wind Ensemble is by audition only. Both Bands put on 4 concerts each year and participate in regional music festivals. Wind Ensemble will also be performing at State CMEA this spring after having performed at Carnegie Hall last year!



## Jazz Band/Dual Enrollment Music Theory

Offered 0 period. If you are interested, please talk to Mr. Chambers.  
Instruments offered: Piano, Guitar, Bass, Drumset, Trumpet, Saxophone, Trombone for jazz.

## Marching Band & Colorguard

Our Award-Winning Marching Band rehearses Mon/Wed from 4-7pm and Saturdays 8-5. Marching Band took 2nd place at Regional Championships and 3rd at State Championships in 2023.





**BULLDOGS**







# FFA

- The mission of the FFA is to make a positive difference in the lives of students by developing their potential for:
  - **Premier Leadership**
  - **Personal Growth**
  - **Career Success**
- Team Opportunities
  - Floral Team
- Leadership
  - Conferences/Travel
  - Community Service
  - Fundraising
  - Officer Positions
- Public Speaking
  - Compete in public speaking events such as Creed, Job Interview, Prepared, Impromptu, Extemporaneous, or Opening/Closing ceremonies
- To be involved in FFA you must be enrolled in an Agriculture Class!
  - 9th grade classes: Farm to Fork, Ag Mechanics, Ag Biology, Floral Design 1



