Freshman Orientation Information



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

Athletics

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 guarter/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@amail.com
- 2. Coach Hemeon, Cheer, sobratocheer@mhusd.ora
- 3. Coach Edgar, Girls Water Polo, kyle.sobratoswim@gmail.com
- 4. Coach Dowd, Boys Water Polo, dowds@mhusd.ora
- 5. Coach Tuua, Cross-country, sobratotrackfield@gmail.com
- 6. Field Hockey, TBD
- 7. Coach Rueda, Football, ruedaj@mhusd.org
- 8. Coach Daniel, Girls Golf, tdanielsr@pga.com
- 9. Coach Clifton, Girls Volleyball, cliftond76@yahoo.com



Athletics

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FALL (August)	WINTER (October)	SPRING (January)
First Day of Tryouts (8/9/24)	First Day of Tryouts (11/4/24)	First Day of Tryouts (2/3/25)
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

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

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)

S Band

Concert Band & Wind Ensemble

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

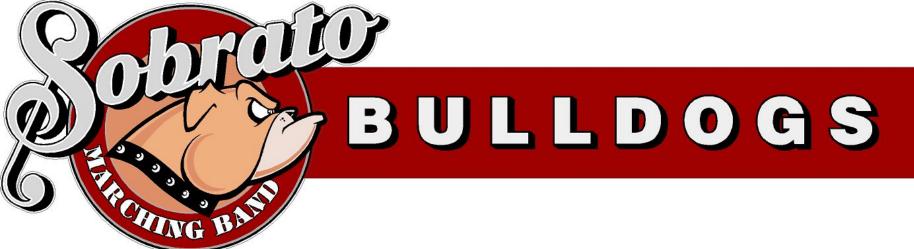
Jazz Band/Dual Enrollment Music Theory

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.









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

