

# El Camino Real High School

## Department of Athletics

El Camino Real High School is a member of the California Interscholastic Federation (CIF), LA City CIF Section, and West Valley League.

**Participation in the school's athletic program is a privilege not a right.** All students will have an opportunity to try out for each respective team. However each team has a limited number of spots or positions available. Please note that playing time in games is earned by the athlete. Henceforth playing time is given at the discretion of the coach and his/her coaching staff.

### Tryouts \*\*\*

Refer to the ECR website calendar and/or email the head coach for tryout dates and times for each sport. Notifications will also be made with the morning announcements. **Students must have a completed emergency form and completed medical physicals to participate in tryouts.**

### Athletic Eligibility\*\*\*

Students must meet the following criteria to be eligible to participate in our athletic program:

- Completed athletic packet signed by both student and parent
- 2.0 GPA on the 10 and 20 week report card
  - The 20 week report card for the Middle School will be reviewed to determine academic eligibility for Fall Sports
  - Summer school classes offerings will be limited for incoming 9th grade students.
- Only 1 "U" in Cooperation at the 5, 10, 15, and 20 week report cards will be allowed
- **PRIOR TO TRYING OUT FOR A TEAM**, an annual physical conducted by a licensed and practicing physician.
- Proof of medical Insurance **with student's name listed.**

### Athletic Excellence - CIF-LA Team Championships

- 117 Total CIF-LA Team Championships (Division 1, Division 2, 3A, Invitational)
- 3 State CIF Championships (Girls Basketball, Boys Soccer, and Girls Soccer)

### Current Alumni - Professional Athletes

- 4 in Minor League Baseball

### Current Alumni - NCAA in 2024-25

- **Sports:** Baseball, Softball, Men's Soccer, Women's Soccer, Men's Basketball, Women's Basketball, Football, Cross Country, Track & Field, Men's Golf, Women's Volleyball, Men's Volleyball, Boxing
- **Universities:** Cal Lutheran University, Arizona State University, CSU Northridge, University of San Diego, Central College, Loyola Marymount University, University of Portland, Manhattan College, University of Hawaii, Oral Roberts University, CSU Long Beach, West Point, Lesley University, Santa Clara University, University of Puget Sound, Chapman University, Wheaton College, Lees-McRae College, Newberry College, Missouri Southern State University, UC Riverside, University of Houston, UC Berkeley, Sonoma State University, Air Force Academy, Marshall University, Penn State University, Maryland University, UC Irvine, University of Nevada Reno, Dominican University, Benedictine College, Lesley University, Neumann University, Hamline University, Pacific University

### Class of 2025 Commitments

- Football: Concordia University Wisconsin
- Baseball: Long Beach State, Concordia University Nebraska

### Athletic Administration

Jason Camp	Administrative Director	j.camp@ecrchs.net
Richard Russell	Athletic Director	r.russell@ecrchs.net
Jesus Contreras	Athletic Assistant	j.contreras@ecrchs.net
Stephen Perry	Athletic Counselor	s.perry@ecrchs.net

### ECR Athletics on the web

ECR school website <a href="http://www.ecrchs.net">www.ecrchs.net</a>	ECR Twitter <a href="http://www.twitter.com/ecr_athletics">www.twitter.com/ecr_athletics</a>	ECR Baseball <a href="http://www.ecrbaseball.net">www.ecrbaseball.net</a>
ECR Football <a href="http://www.ecfootball.com">www.ecfootball.com</a>	ECR Boys Soccer <a href="http://www.ecrsoccer.com">www.ecrsoccer.com</a>	ECR Boys and Girls Volleyball <a href="http://ecrvolleyball.weebly.com">http://ecrvolleyball.weebly.com</a>

# FALL SPORTS 2025



## EL CAMINO REAL ATHLETICS



### ABOUT US

WELCOME TO EL CAMINO REAL  
CHARTER HIGH SCHOOL ATHLETICS!

AT EL CAMINO REAL, OUR ATHLETICS  
PROGRAMS ARE DEDICATED TO  
DEVELOPING A CULTURE OF  
TEAMWORK, DISCIPLINE, AND  
EXCELLENCE BOTH ON AND OFF THE  
FIELD.

### REQUIREMENTS :

- **ATHLETIC PHYSICAL**
  - MUST BE TURNED IN TO THE NURSE
- **EMERGENCY CONTACT FORM**
- **MUST MAINTAIN A 2.0 GPA**

### FALL SPORTS

- **FOOTBALL**
  - RICK HAYASHIDA
  - R.HAYASHIDA@ECRCHS.NET6/11-6/13 4-6PM  
FOOTBALL FIELD
- **CROSS COUNTRY**
  - COLSON PHILLIP
  - C.PHILLIP@ECRCHS.NET8/15/25 4-5PM  
ECR TRACK
- **GIRLS GOLF**
  - JESUS CONTRERAS
  - J.CONTRERAS@ECRCHS.NET8/21/25 5-6:30PM  
BALBOA GOLF COURSE
- **GIRLS VOLLEYBALL**
  - ALYSSA LEE
  - A.LEE@ECRCHS.NET6/20- 9TH GR 1-3PM  
7/17- 10TH-12TH GR 1-3PM  
7/18 ALL GRADES 1-3PM
- **GIRLS TENNIS**
  - JASON GRIDER
  - J.GRIDER@ECRCHS.NET8/14/25 4PM  
TENNIS COURTS

### ATHLETIC DIRECTOR :

RICHARD RUSSELL

 R.RUSSELL@ECRCHS.NET

 ECRCHS.NET

 5440 VALLEY CIRCLE BLVD.  
WOODLAND HILLS, CA 91367

*El Camino Real*

# WINTER SPORTS 2025-26



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### WINTER SPORTS

- **BOYS BASKETBALL**
  - COLIN JAMERSON
  - C.JAMERSON@ECRCHS.NET
- **GIRLS BASKETBALL**
  - MIA MOORE
  - M.MOORE@ECRCHS.NET
- **BOYS SOCCER**
  - IAN KOGAN
  - I.KOGAN@ECRCHS.NET
- **GIRLS SOCCER**
  - ERIC CHOI
  - E.CHOI@ECRCHS.NET
- **BOYS & GIRLS WRESTLING**
  - JOHN TERNDRUP
  - J.TERNDRUP@ECRCHS.NET

### TRYOUTS

**SUMMER TRYOUTS**  
9TH GR WK 1 6/16-6/20,  
WK 2 6/23-27 3-5PM  
**FALL TRYOUTS**  
ALL GRADES 8/18-8/22

6/16-6/19 3-5PM  
SMALL GYM

8/14, 8/15 & 8/16 4PM  
BASEBALL FIELD

8/12-8/13 4PM  
BASEBALL FIELD

8/13 4-5PM  
WRESTLING ROOM

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R.RUSSELL@ECRCHS.NET



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# SPRING SPORTS 2026



EL CAMINO REAL  
**ROYALS**



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### SPRING SPORTS

- **BASEBALL**
  - JOSH LIENHARD
  - J.LIENHARD@ECRCHS.NET
- **SOFTBALL**
  - RICHARD RUSSELL
  - R.RUSSELL@ECRCHS.NET
- **BOYS LACROSSE**
  - NICK ROMO
  - N.ROMO@ECRCHS.NET
- **GIRLS LACROSSE**
  - LILITH FAUCHER
  - L.FAUCHER@ECRCHS.NET
- **BOYS VOLLEYBALL & GIRLS BEACH VOLLEYBALL**
  - ALYSSA LEE
  - A.LEE@ECRCHS.NET
- **BOYS TENNIS**
  - JASON GRIDER
  - J.GRIDER@ECRCHS.NET
- **TRACK & FIELD**
  - COLSON PHILLIP
  - C.PHILLIP@ECRCHS.NET
- **BOYS GOLF**
  - ERIC CHOI
  - E.CHOI@ECRCHS.NET

### TRYOUTS

8/20-8/22 4PM  
BASEBALL FIELD

8/18-8/20 4-6PM  
SOFTBALL FIELD

8/21-8/22 4PM  
SOFTBALL FIELD

8/21-8/22 4PM  
SOFTBALL FIELD

NOVEMBER 2025  
GYM

1ST WEEK OF SPRING SEM  
TENNIS COURTS

NOVEMBER 2025

3RD WEEK OF SCHOOL

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# ECR COACHES' CONTACT INFORMATION 2025-26



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### FALL

- **FOOTBALL**
  - RICK HAYASHIDA
  - R.HAYASHIDA@ECRCHS.NET
- **CROSS COUNTRY**
  - COLSON PHILLIP
  - C.PHILLIP@ECRCHS.NET
- **GIRLS GOLF**
  - JESUS CONTRERAS
  - J.CONTRERAS@ECRCHS.NET
- **GIRLS VOLLEYBALL**
  - ALYSSA LEE
  - A.LEE@ECRCHS.NET
- **GIRLS TENNIS**
  - JASON GRIDER
  - J.GRIDER@ECRCHS.NET
- **CHEER**
  - STACEY VANGELISTI
  - S.VANGELISTI@ECRCHS.NET

### WINTER

- **BOYS BASKETBALL**
  - COLIN JAMERSON
  - C.JAMERSON@ECRCHS.NET
- **GIRLS BASKETBALL**
  - MIA MOORE
  - M.MOORE@ECRCHS.NET
- **BOYS SOCCER**
  - IAN KOGAN
  - I.KOGAN@ECRCHS.NET
- **GIRLS SOCCER**
  - ERIC CHOI
  - E.CHOI@ECRCHS.NET
- **BOYS & GIRLS WRESTLING**
  - JOHN TERNDRUP
  - J.TERNDRUP@ECRCHS.NET

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  - JOSH LIENHARD
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