



Aaron Moore, Head Coach
Richard Smith, Athletic Director
Dr. Grant Litfin, Principal

Irvine League Champs:
 1969, 1970, 1971, 1972
Empire League Champs:
 1973, 1974, 1975, 1976, 1977, 1978, 1979

Sunset League Champs:
 1999, 2000, 2005
 2007, 2008

2010 Los Alamitos JV and Frosh Tournament

<u>Pool A</u>	<u>Pool B</u>
Capo Valley Lakewood Los Alamitos Villa Park	Gahr/Los Alamitos Huntington Beach Long Beach Poly Sonora

Monday - March 8, 2010

JV	Los Alamitos	@	Capo Valley	Long Beach Poly	@	Huntington Beach
3:00 PM	Villa Park	@	Lakewood	Sonora	@	Gahr
Frosh	Capo Valley	@	Los Alamitos	Huntington Beach	@	Long Beach Poly
3:00 PM	Lakewood	@	Villa Park	Los Alamitos	@	Sonora

Wednesday - March 10, 2010

JV	Lakewood	@	Los Alamitos	Gahr	@	Long Beach Poly
3:00 PM	Capo Valley	@	Villa Park	Huntington Beach	@	Sonora
Frosh	Los Alamitos	@	Lakewood	Long Beach Poly	@	Los Alamitos
3:00 PM	Villa Park	@	Capo Valley	Sonora	@	Huntington Beach

Friday - March 12, 2010

JV	Villa Park	@	Los Alamitos	Long Beach Poly	@	Sonora
3:00 PM	Lakewood	@	Capo Valley	Huntington Beach	@	Gahr
Frosh	Los Alamitos	@	Villa Park	Sonora	@	Long Beach Poly
3:00 PM	Capo Valley	@	Lakewood	Los Alamitos	@	Huntington Beach

Wednesday - March 17, 2010

<u>Pool A</u>		<u>Pool B</u>
Seed 1	Vs	Seed 1
Seed 2	Vs	Seed 2
Seed 3	Vs	Seed 3
Seed 4	Vs	Seed 4