

MARCH 2010



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
				Varsity-3:00 @ Millikan (Loara Tournament)	Varsity-TBA Loara Tour Freshmen - 11:00 AM HB @ Los Al
8 JV - 3:00 PM @ Capo Valley (Los Al Tour) Soph/Frosh - 3:00 PM Capo Valley @ Los Al (Los Al Tour) Freshmen - 3:00 PM Sonora @ Sonora (Los Al Tour)	9 Varsity-TBA Loara Tour	10 JV - 3:00 PM Lakewood @ Los Al (LA-T) Soph/Frosh -3:00 PM Lakewood @ Lakewood (LA Tour) Freshmen - 3:00 PM Long Beach Poly @ Los Al (Los Al Tour)	11 Varsity-TBA Loara Tour	12 JV - 3:00 PM Villa Park @ Los Al (Los Al Tour) Soph/Frosh- 3:00 PM Villa Park @ Villa Park (Los Al Tour) Freshmen - 3:00 PM @ Huntington Beach (LA Tour)	13 Varsity-TBA Loara Tour Freshmen - 2:00 PM Mater Dei @ Los Al
15	16	17 JV - TBA Championship (Los Al Tour) Soph/Frosh - TBA Championship (Los Al Tour)	18	19 Varsity - 3:00 PM @ Edison JV - 3:00 PM @ Los Al Soph/Frosh - 3:00 PM @ Los Al	20 Varsity - 4:00 PM & 7:00 PM Capo Valley @ Saddleback JC Soph/Frosh - 11:00 AM Gahr @ Los Al (Gahr Tour) Freshmen - 2:00 PM Orange Lutheran @ Los Al Sadie Hawkins Dance
22	23	24 Varsity - 3:00 PM Fountain Valley @ Los Al JV - 3:00 PM @ Foutan Valley Soph/Frosh - 3:00 PM @ Fountain Valley	25 JV - 4:30PM and 7:00 PM Yorba Linda @ Sports Complex	26 Varsity - 3:00 PM @ Newport JV - 3:00 PM Newport @ Los Al Soph/Frosh - 3:00 PM Newport @ Los Al	27 Soph/Frosh - 11:00 AM N Torrance @ N Torrance (Gahr Tour) Freshmen - 11:00 AM Capo Valley @ Los A
29	30 Varsity - 3:00 PM Esperanza @ Los Al JV - 3:00 PM @ Esperanza Soph/Frosh-3:00 PM @ Esperanza	31			

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