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Pursuing Victory
With Honor

Kingsburg High School
1900 18th Ave
Fred Cogan
Principal

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Thom Sembritzki
Athletic Director

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Kingsburg
High School

Athletic Programs



SEASONS. SPORTS & LEVELS AT KHS

KHS Athletes participate in a full range of competitive sports, with quality coaching and excellent facilities. Practices are after school.

FALL:

Football: Varsity, Junior Varsity, & Frosh

Volleyball: Varsity, Junior Varsity & Frosh

Water Polo (Boys): Varsity & Junior Varsity

Water Polo (Girls): Varsity & Junior Varsity

Tennis (Girls): Varsity & Junior Varsity

Cross Country(Boys & Girls):Varsity, Junior Varsity, Frosh-Soph

Golf (Girls): Varsity

WINTER:

Basketball (Girls): Varsity, Junior Varsity & Frosh

Basketball (Boys): Varsity, Junior Varsity & Frosh

Soccer (Girls): Varsity & Junior Varsity

Soccer (Boys): Varsity, Junior Varsity

Wrestling: Varsity & Junior Varsity

SPRING:

Baseball: Varsity, Junior Varsity

Golf (Boys): Varsity

Tennis (Boys): Varsity & Junior Varsity

Track & Field (Boys & Girls): Varsity, Frosh -Soph

Softball: Varsity, Junior Varsity

Swimming & Diving (Boys & Girls): Varsity & Junior Varsity



SPORTS PHYSICALS & INSURANCE

Every athlete at KHS must have a physical exam before they will be allowed to practice, try-out, or participate on a school team. All forms must be completed online.

Go to: www.khsvikings.com

Click on the Athletics link at the top of the page

Right under Athletic Director's picture click on:

DOWNLOAD NOW-ATHLETIC EMERGENCY INFORMATION

Register and fill out paperwork at **"Your Ticket to Play"**

Physical exams for the school year should be done starting in July.

Students may not participate without a **"Registering Online"** which certifies that their physical and insurance forms has been completed.

NCAA (National Collegiate Athletic Association) Initial Eligibility

Parents of athletes who wish to participate in NCAA athletics in college should become acquainted with the NCAA requirements. These are outlined in the and the **NCAA Clearing House pamphlet** (available in the counseling office), along with a **Core Course Requirement Form** that lists classes required for students to become eligible for NCAA admissions. NCAA initial eligibility requirements are NOT the same as university or college admissions requirements.

Even if there is only a "remote" chance that a student might become a candidate for a NCAA Division I or Division II school, parents should become familiar with the expectations. You can go to ncaa.org for more info.

Students will not be allowed to participate in KHS athletics without a parent signature acknowledging that NCAA information is available to them.

ATHLETIC CONTACTS

If you need additional information or have questions regarding tryouts, practice, etc, please email from the following list of coaches.

BASEBALL-Michael Garza

Michaelgarza1986@gmail.com

BASKETBALL-B OYS-Todd Brown

tbrown@kingsburghigh.com

BASKETBALL-GIRLS-Mark Willis

mwillis63@comncast.net

CROSS COUNTRY-Robert Hernandez

rhernandez@kingsburghigh.com

FOOTBALL-David Wilson

dwilson@kingsburghigh.com

GOLF -BOYS-Bill Jensen

bjensen@kingsburghigh.com

GOLF-GIRLS-Todd Brown

tbrown@kingsburghigh.com

SOCCER-BOYS-James Holocker

Jholocker@yahoo.com

SOCCER-GIRLS-Scott Hodges

schodges@kingsburghigh.com

SOFTBALL-Randy Sieger

randysieger@sbcglobal.net

SWIMMING-Mike Manley

mmanley@kingsburghigh.com

TENNIS-B OYS-Tom Gramza

tgramza@kesd.org

TENNIS - GIRLS-

tsembritzki@kingsburghigh.com

TRACK & FIELD-Amanda Hodges

ahodges_@kingsburghigh.com

VOLLEYBALL-David Light

dlight@yahoo.cm

WATER POLO-BOYS-Josh Lee

josh@packlinetech.com

WATER POLO-GIRLS-Emily Dewey

edewey@kesd.org

WRESTLING-Brvce Hammond

brycealexanderhammond@gmail.com