



LUTHERAN HIGH SCHOOL ATHLETICS

Rachelle Robbins - Athletic Director

Dylan Johnson - Associate Athletic Director

Alicia Kidston - Assistant Athletic Director

Leah Schlecht - Sports Information Coordinator

Becki Whittaker - Athletic Assistant

FALL SPORTS MEETING
MONDAY, AUGUST 4th - 7:00 PM
<https://www.lhsparker.org/golions>



PIKES PEAK LEAGUE



CHEYENNE MOUNTAIN



LUTHERAN



AIR ACADEMY



PALMER RIDGE



LEWIS PALMER



DISCOVERY CANYON

LuHi ATHLETICS OVERVIEW

2024-2025 Season

- 625 Lutheran High Students (60%) participated in a sport this year
- In their inaugural season, Boys Volleyball placed 4th in the state
- 195+ 1st Team (3.6+ GPA) & Honorable Mention 3.3-3.59 GPA) Academic All-State Athletes
- 35+ College Signees

Summer Updates

- Replacement of gym bleachers
- Replacement of current gym scoreboards with video boards
- Refinishing of the gym floor



2024-2025 Fall Highlights

Football

League Champions

15 All-Conference, Defensive/Offensive Player of the Year, Defensive/Offensive Lineman of the Year, Coach of the Year

8 All-State Athletes

Sawyer Wald named Scholar Athlete of the National Football Foundation & Denver Post Gold Helmet Finalist

Softball

League Champions/4X State Champions

Player of the Year, Coach of the Year (3rd Straight Year)

7 All-Conference Athletes, 5 All-State Athletes

Volleyball

State Runner Up

5 All-Conference Athletes, 2 All-State Athletes

Boys Soccer

Qualified for State Playoffs

6 All-Conference Athletes

Jesse Freedman - All American 1st Team

Boys Golf

2nd Place at Regionals/Finished 6th as a team

1 top 10 finisher at State

2 All-Conference Athletes, 1 All-State Athlete

Cheer

State Runner Up & League Champions

JV placed 4th at State/Varsity placed 5th at State (top 4A school at State) /League Champions

Placed 12th in the Nation at Nationals

2 All-State Athletes

Cross Country

Boys League Champions

2nd place at Regionals

14 State Qualifiers

5 All-Conference Athletes

LuHi Athletics Fees



Athletic Fees will be pulled from your FACTS account:

- Tuesday, August 19th - notification sent to your email
- Friday, August 29th- fees withdrawn

Gate Fees will remain \$5.00 for students/seniors and \$7.00 per adult

*LuHi students can attend home games (excluding playoffs for free with student ID)

Fall Sports Fee: \$600

Football Sports Fee: \$650

***If an athlete quits a sport before Sept. 2nd a refund (minus a \$50 fee) will be given.**

Parents must email Mrs. Robbins if an athlete quits in order to receive a refund.

After Sept. 2nd no refunds will be given.

Lutheran High School Athletics

Brief Financial Report for 2024-2025

Revenue = \$850,391.60

Player Fees	49.1%
Golf Tournament	8.5%
Ads	1.7%
Boosters	5.3%
Summer Strength	11.5%
Playoff Gate	1.2%
Gate	7.2%
Concessions	2.9%
Rentals	1.5%
Other	11.1%

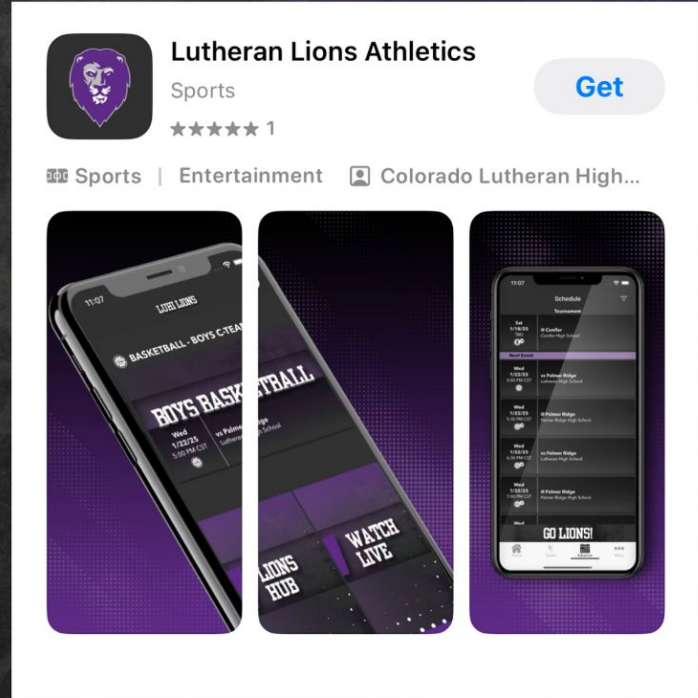
Expenses = \$850,425.67

Coaching Stipends	34.9%
Specific Program Operating/Banquets	26.8%
Uniforms	5.8%
Transportation	8.0%
Officials	5.7%
Golf Tourney	3.9%
Concessions	1.3%
CHSAA/HUDL/League Dues	3.2%
Playoffs	1.1%
Other	9.3%

Note: Athletic department salaries and facility rental are not included in athletic department expenses.



DOWNLOAD THE LUHI LIONS APP!



LION PRIDE BOOSTER CLUB - \$1,200

- Free admission for your entire family to ALL LuHi sporting events
 - ** (not including playoffs/official CHSAA events)**
- Recognition on game programs and at LuHi home games
- Recognition on the Scorer's Table in the Lions Den
- League Pass for 2
- Lion Pride Booster Welcome Gift
- Athlete yard Signs

SCOREBOARD ADVERTISING OPPORTUNITIES

- More Information on LuHi Athletics Website (<https://www.lhsparker.org/athletic-ads>)

YARD SIGNS

- Display your LuHi Pride at home with a sign displaying your athlete's name and sport



Follow LuHi Athletics on Social Media:

<https://x.com/LHSparkerSports>

https://www.instagram.com/luhi_lions/

<https://www.facebook.com/LHSP.athletics>

Stream: <https://fan.hudl.com/usa/co/parker/organization/2305/lutheran-high-school>

#GoLuHi



FOLLOW LUHI ON SOCIAL





How to sign up for alerts:

1. Go to the following link: <https://pikespeakathleticconference.org/public/genie/618/school/6546/>
2. Click on the "Notify Me" button on the right side of the screen
3. Enter your email and password in the "create an account" section
4. Enter your information as directed - Include your cell phone number and carrier if you would also like to receive text updates
5. Under "Conference/Team Schedule Events", select the programs that you would like to receive reminders and scheduling changes for. Ignore the "School-Only Events" section
 - a. All of the sports LuHi offers are listed and can be selected. But, schedules will not be viewable until they are finalized
6. Set the game reminders if you would like, and make sure that each schedule is checked yes under "Schedule Changes"

How to view schedules:

1. Go to the following link: <https://pikespeakathleticconference.org/public/genie/618/school/6546/>
2. If you do not click anything, you can view all of our spring sporting events by navigating through weeks or months
3. If you would like to view a certain schedule, or multiple schedules at the same time i.e. all of levels of baseball, select the view schedule button, check each box next to the schedule that you would like to view, and click view.
4. From here you can print or email this schedule (you can select which format to email the schedule in) and change the view to show events on a calendar
5. If you would like to view the location on a map, simply click on the game

How to sync a schedule with your calendar:

1. Check the box of each schedule you would like to sync under the "View Schedules" tab
2. Click the "View" button
3. Click on subscribe in the upper right hand corner, and follow the instructions from there
4. As events are changed, your calendar will automatically update

Reach out to Dylan Johnson with any questions: dylan.johnson@lhsparker.org



STREAM LUHI GAMES



The following fall sports will have their games streamed via Hudl for free

- Boys Soccer
- Football
- Girls Volleyball

Reach out to Coach Maestretti for more info on Softball live streams



- ★ **SYNERGY HAS BEEN THE PROUD SPONSOR OF THE SPORTS MEDICINE PROGRAM AT LUTHERAN HS FOR 12 YEARS**
- ★ **LUTHERAN HS IS THE ONLY SCHOOL IN DOUGLAS COUNTY THAT HAS A PHYSICAL THERAPIST ON STAFF**
- ★ **DOCTOR NEWMAN, LUTHERANS TEAM DOCTOR HAS BEEN NAMED A 5280 MAGAZINE TOP DOCTOR IN 2025**
- ★ **KELSEY IS ONSITE DAILY - HER TRAINING ROOM/OFFICE IS LOCATED AT THE ENTRANCE OF THE FORGE/WEIGHT ROOM**



Kelsey L. Krisch

MS, LAT, ATC, PES, CES

**Head Athletic Trainer
Lutheran High School
Synergy Sports and Rehab
Athletic Trainer**



Jeff Katzoff

**Director of Sports Medicine-
PT, DPT, LAT, ATC, CSCS,
TPDN**

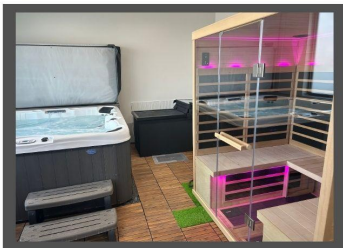
**Certified Titleist
Performance Specialist, FMS
Director/Owner Synergy
Sports and Rehab**

RECOVERY MEETS RESULTS



ABOUT US

Synergy Sports & Rehab offers a 7,000 sq ft state-of-the-art space is engineered for optimal recovery and performance — featuring Technogym strength and cardio equipment, Hawkin Dynamics force measurement systems, and DorsaVi wearable sensor tech for precision movement analysis.



Recovery Lounge

A dedicated space for athletes to recharge with cutting-edge recovery tools in a calm, professional setting.



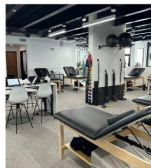
Weight Room

Outfitted with elite Technogym equipment, the weight room supports customized strength and performance training.



NormaTec Recliners

Zero-gravity chairs paired with NormaTec compression technology for full lower-body recovery and circulation boost



Treatment Center

A hands-on care hub led by expert therapists focused on injury rehab, mobility work, and individualized recovery plans.

FACILITY HIGHLIGHTS

- Open treatment zones built with athletes in mind — perfect for rehab, mobility work, running mechanics, and throwing drills.
- Private rooms available for one-on-one care in a low-distraction setting.
- A welcoming entry and lounge area that sets the tone for a supportive, high-performance environment.

PRECISION PERFORMANCE TOOLS

- Technogym: Top-tier strength and cardio equipment built for serious training and smart recovery.
- Hawkin Dynamics: Force plate systems that deliver real-time data on power, balance, and performance.
- DorsaVi: Wearable sensor tech that tracks movement and mechanics down to the smallest detail.

RECOVERY LOUNGE

- NormaTec compression to flush soreness and boost circulation.
- Game Ready cold & contrast therapy that gets you back faster.
- Infrared sauna for muscle recovery, relaxation, and detox.
- Hyperice tools for soft tissue work, mobility, and maintenance.
- Zero-gravity chairs + boots for when your legs need a break and your body needs to reset.

SPECIALIZED CARE TEAM

Synergy's team combines physical therapy, wellness, and nutrition to support athletes on every level.

- P-2 Wellness
 - Concierge wellness led by a nurse practitioner, focusing on long-term health and performance.
- Altitude Sport and Performance
 - Athlete-focused nutrition, including meal plans, metabolic testing, and coaching.
- Skilled aides and support staff that actually know your plan — and keep you on track every session.
- Direct access to orthopedic physicians as well as imaging to include X-ray and MRI

**Contact Kelsey for details on Recovery Lounge discounts for players and teams | (215) 962-8856
Monday-Friday, 7:00am-7:00pm | 10100 Twenty Mile Road, Ste 114**



NOTE: ONLY NEW ATHLETES OR TRANSFER STUDENTS
CREATE A NEW ATGENIUS ACCOUNT



Any current/past LuHi student athletes must use original login information - If you need assistance with login information, please contact Kelsey.Krisch@lhsparker.org

ATGenius CODE FOR LUTHERAN ATHLETICS IS -

LIONS2021



PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)
SUBMIT ONLY THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL
This form is valid for 365 calendar days from the date signed below.

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Revised 6/25

MEDICAL ELIGIBILITY FORM

Student Information (to be completed by student and parent) *print legibly*

Student's Full Name: _____ Gender: _____ Age: _____ Date of Birth: ____/____/____
School: _____ Grade in School: _____ Sport(s): _____
Home Address: _____ City/State: _____ Home Phone: (____) _____
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____ Relationship to Student: _____
Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____
Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

- ☐ Medically eligible for all sports without restriction
☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of: *(use additional sheet, if necessary)*

☐ Medically eligible for only certain sports as listed below: _____

☐ Not medically eligible for any sports

Recommendations: (use additional sheet, if necessary)

I hereby certify that I have examined the above-named student-athlete using the CHSAA Preparticipation Physical Evaluation and have provided the conclusion(s) listed above. A copy of the exam has been retained and can be accessed by the parent as requested. Any injury or other medical conditions that arise after the date of this medical clearance should be properly evaluated, diagnosed, and treated by an appropriate healthcare professional prior to participation in activities.

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____
Address: _____ Phone: (____) _____
Signature of Healthcare Professional: _____ Credentials: _____ License #: _____

SHARED EMERGENCY INFORMATION - completed at the time of assessment by practitioner and parent

List any medical history that is relevant to participation in competitive sports. *(explain below, use additional sheet, if necessary)*

☐ Allergies/Anaphylaxis ☐ Asthma ☐ Cardiac/Heart ☐ Concussion ☐ Diabetes ☐ Heat Illness ☐ Orthopedic ☐ Surgical History ☐ Sickle Cell Trait
☐ Mental Health ☐ N/A - No relevant medical information to disclose

Medications: (use additional sheet, if necessary)

List: _____

****Signature of Student:** _____ **Date:** ____/____/____

****Signature of Parent/Guardian:** _____ **Date:** ____/____/____

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct.

This form is not considered valid unless all sections are complete & signed.

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CHSAA PHYSICAL FORM

- THIS IS THE **ONLY** PHYSICAL FORM THAT WILL BE ACCEPTED
- ONLY **PAGE 4** NEEDS TO BE UPLOADED TO ATGENIUS
- VALID PHYSICALS FROM 2024 WILL BE HONORED
- ANY NEW PHYSICAL TURNED IN MUST BE DONE SO ON THIS FORM
- THIS FORM CAN BE FOUND ON [LHSPARKER.COM](https://lhsparker.com) THROUGH THE ATHLETICS LINK

Physicals and ATGenius


All athletes trying out **MUST** have a current **CHSAA PHYSICAL** on file and **ALL 4 PRESEASON DOCS** complete on ATGenius. Athletes that do not have this complete will **NOT** be able to participate in tryouts.



**** TRANSFER STUDENTS- must connect with Rachelle Robbins regarding CHSAA eligibility. This process must be initiated by the athletic director.**

2025 FALL SPORTS PHOTO SCHEDULE

*****It is imperative that your student be present at these photo shoots in order to be in team pictures/videos.**

MON. AUG. 4	TUESDAY AUGUST 5	WEDNESDAY AUGUST 6	THURSDAY AUGUST 7	FRIDAY AUG. 8
	3:00-4:30 PM CHEER @ LuHi cafeteria			12:00-1:00 PM BOYS GOLF @ LuHi cafeteria
MON.  AUG. 18	TUESDAY AUGUST 19	WEDNESDAY AUGUST 20	THURSDAY AUGUST 21	FRIDAY
	3:30-4:30 PM CROSS COUNTRY @ LuHi cafeteria 5:00-7:00 PM VOLLEYBALL @ LuHi Gym	3:30-5:30 PM FOOTBALL @ LuHi cafeteria 6:00-7:30 PM SOFTBALL @ Salisbury	3:00-4:30 PM BOYS SOCCER @ LuHi cafeteria 3:00 PM -JV 3:45 PM -Varsity <i>*Due to their game</i>	*Freshman Retreat! FR BOYS gone ALL DAY



LIONS GIVE BACK

PARKER TASK FORCE
SPECIAL OLYMPICS
OPERATION CHRISTMAS CHILD
NIGHT TO SHINE
NEIGHBOR NETWORK
TREASURE HOUSE OF HOPE
FEED MY STARVING CHILDREN
LIFELINE MINISTRIES
PICKUP - DOUGLAS COUNTY





LUHI FOOTBALL



FOOTBALL

HEAD COACH - STEPHEN ROBBINS

Team Levels: Varsity/JV/C (no tryouts/cuts)

Team Kickoff Picnic: August 12th at 6:30pm

Service Project: Warrior Immortal 100 - August 16, 11:00-3:00pm

Picture Day: August 20th in the Cafeteria after school





LUHI VOLLEYBALL



VOLLEYBALL

HEAD COACH - ALICIA KIDSTON

Tryouts: Monday-Wednesday August 11th-13th *See QR for schedule & times

Team Levels: Varsity/JV/C/C2

Service Projects: Feet for Justice

Picture Day: August 19th

Practice Info: C/C2 3:10-4:30pm JV 4:00-5:30pm Varsity 4:00-6:00pm





LUHI BOYS SOCCER



BOYS SOCCER

HEAD COACH - JOSH SHULL

Tryouts: August 11th-13th 8:30am-10:30am @ LuHi Field

Team Levels: Varsity/JV/C

Service Project: TBD

Picture Day: August 21st

Practice Info: Coach Shull to Provide in Meeting





LUHI SOFTBALL



SOFTBALL

HEAD COACH - GLEN MAESTRETTI

Tryouts: Monday, August 8th 4:00pm-7:00pm @ Salisbury 4

Team Levels: Varsity/JV

Service Project: TBD

Picture Day: August 20th

Practices: JV: 3:30pm-5:00pm and Varsity: 4:30pm-6:00pm @ Salisbury #4





LUHI CROSS COUNTRY



CROSS COUNTRY

HEAD COACH - MADDIE BERAN

Team Levels: Varsity/JV (no tryouts/cuts)

Team Kickoff Family Picnic: August 20 *Details TBD

Service Project: Safe Spaces for Women - Sept. 10th

Picture Day: August 19th

Practices: 3:15pm every day (southwest corner of track)



5K LUHI CROSS COUNTRY FUN RUN

A waiver is required for all participants. Please complete the waiver online for each participant. Your registration includes a t-shirt (if registered prior to July 30), a goodie bag, and a race bib. Water and snacks will be provided.

Don't forget your sunscreen!

AUGUST 9 AT LUHI

CHECK-IN: 30 MINUTES PRIOR TO YOUR START TIME

8:00 AM - COMPETITIVE RUN

8:45 AM - NON-COMPETITIVE FUN RUN

Register: <https://www.lhsparker.org/funrun>

Questions? Email: maddie.beran@lhsparker.org



FOOTBALL
VOLLEYBALL
BOYS SOCCER
CROSS COUNTRY
SOFTBALL

GYM
CAFETERIA
032
140
162 *New Wing/Upstairs NW Corner