



LUTHERAN HIGH SCHOOL ATHLETICS

Rachelle Robbins - Athletic Director

Dylan Johnson - Associate Athletic Director

Alicia Kidston- Assistant AD

Leah Schlecht - Sports Information Coordinator

Becki Whittaker - Athletic Assistant

WINTER SPORTS MEETING

MONDAY, NOVEMBER 10TH - 7:00 PM

<https://www.lhsparker.org/golions>

2024-2025 Winter Highlights

- **Girls Basketball - Sweet 16**
 - 4 All-Conference Athletes
 - 1 All-State Athlete
- **Boys Basketball - Sweet 16 - League Champions**
 - 4 All-Conference Athletes
 - 2 All-State Athletes
 - Kade Speckman celebrated 1000 career points
- **Wrestling - 2 State Qualifiers**
 - 3 All-Conference Athletes

PIKES PEAK LEAGUE



CHEYENNE MOUNTAIN



LUTHERAN



AIR ACADEMY



PALMER RIDGE



LEWIS PALMER



DISCOVERY CANYON

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.



LuHi Athletics Fees



Athletic Fees will be pulled from your FACTS account:

- Nov. 25th - notification sent to your email
- Dec. 5th- fees withdrawn

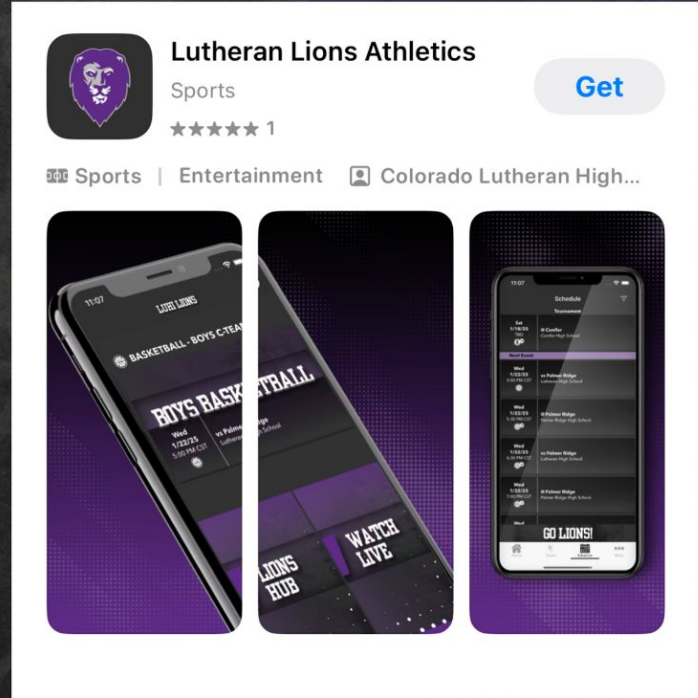
Gate Fees will remain \$5.00 for students/seniors and \$7.00 per adult

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

Winter Sports Fee: \$600

***If an athlete quits a sport before December 8th 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 December 8th no refunds will be given.**

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



- All home games (sub-varsity included) of girls and boys basketball as well as home wrestling duals will be streamed for free.
- If you do not see a home game/dual on the stream schedule, please reach out to the head coach of the program.



- ★ **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**

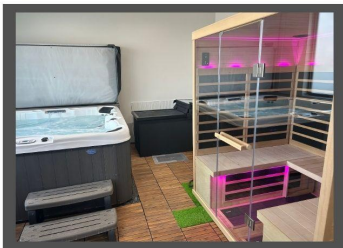
**Certified Titleist
Performance Specialist, FMS
Director/Owner Synergy
Sports and Rehab**

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.



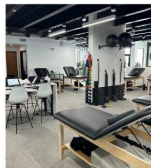
Weight Room

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: *ATGenius* information on QR CODE is ONLY to be used by NEW LuHi Athletes



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 WINTER SPORTS PHOTO SCHEDULE

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



TUESDAY, NOVEMBER 25TH

3:00 PM - BOYS BASKETBALL

4:00 PM - GIRLS BASKETBALL

5:00 PM - WRESTLING

*ALL at LuHi



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 BOYS BASKETBALL



SCAN FOR MORE INFORMATION

BOYS BASKETBALL

HEAD COACH - MARTY CLARK

Tryouts:

Monday November 17/Tuesday November 18/Wednesday November 19 *LuHi Gym See QR for more details and exact times

Team Levels: Varsity/JV/C

Service Project: TBD

Picture Day: Tuesday, November 25th - 3:00pm

Practices: Varsity & JV 2:55pm-4:45pm M-F 10:00am-12:00pm Saturday
C Team 6:00am-7:30am MWF/C Team 6:30am-7:55am T TH



LUHI GIRLS BASKETBALL



SCAN FOR MORE INFORMATION

GIRLS BASKETBALL

HEAD COACH - ROBBY GABRIELLI

Tyouts: Monday, November 17 3:00pm-6:00pm/Tuesday November 18
6:00pm-9:00pm/Thursday, November 20 3:00pm-6:00pm *LuHi Gym

Team Levels: Varsity/JV/C

Service Project: TBD

Picture Day: Tuesday, November 25th - 4:00pm

Practices: Varsity & JV 4:45pm-6:45pm/C Team 6:00am-7:20am



LUHI WRESTLING



SCAN FOR MORE INFORMATION

WRESTLING

HEAD COACH - PATRICK MARTINEZ

No Tryouts/No Cuts

Team Levels: Varsity/JV

Service Project: TBD

Picture Day: Tuesday, November 25th - 5:00pm

Practices: Castlewood Community
Preschool (Franktown)
3:45pm-6:00pm M-F



BOYS BASKETBALL
GIRLS BASKETBALL
WRESTLING

Gym
Cafeteria
ROOM 032