



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



SPRING SPORTS MEETING
MONDAY, FEBRUARY 9th - 7:00 PM
<https://www.lhsparker.org/golions>

PIKES PEAK LEAGUE



CHEYENNE MOUNTAIN



LUTHERAN



AIR ACADEMY



PALMER RIDGE



LEWIS-PALMER



DISCOVERY CANYON

2024-2025 Spring Highlights

- **Baseball**

'22 & '23 Final 4, '24 Final 16
6 All Conference/All State Players
6 College Signees
70+ Participants/4 Levels

- **Girls Golf**

7 -1st Place Tournament Wins
PPAC League Champions
Regional Champions
3rd Place Finish at State/8th place individual State finisher
6 All Conference/All State Golfers
1 College Signee
17+ Participants/2 Levels

- **Boys Lacrosse**

State Playoff Qualifier 2021-2024
14 All Conference/All State Players
1 College Signee
50+ Participants/2 Levels

- **Girls Soccer**

2023 & 2024 4A State Runner-up
2025 State Qualifier
8 All Conference/All State Players
2 College Signees
35+ Participants/2 Levels

- **Girls Tennis**

Regional Champions
7 Individual State Qualifiers
3rd Place Finisher at Individual State in No. 1 Singles
6 All Conference/All State Athletes
25+ Participants/2 Levels

- **Track & Field**

10+ State Competitors
10+ All Conference/ All State Athletes
4 College Signers
120+ Participants/2 Levels

- **Boys Volleyball**

Placed 4th at State in their inaugural season
5 All Conference / All State Athletes
1 College Signee
27 participants/2 Levels

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:

March 2nd - notification sent to your email

March 12th - fees withdrawn

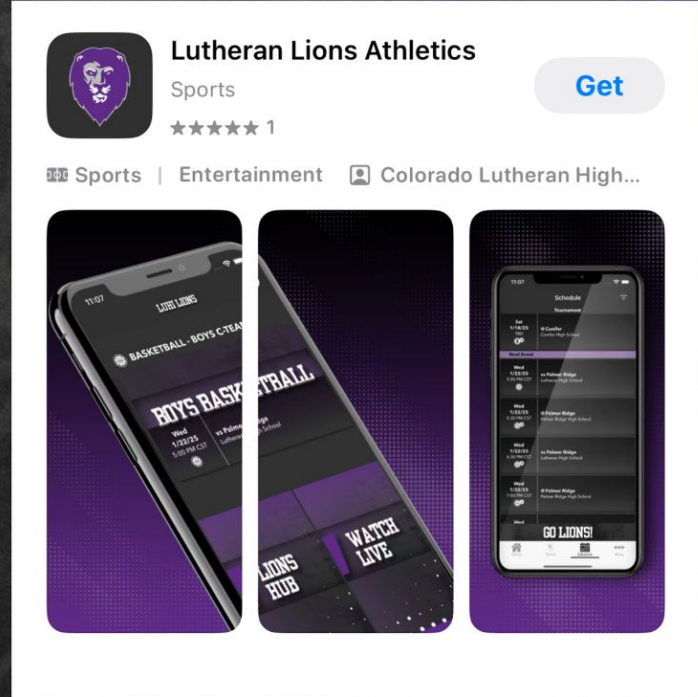
Gate Fees will remain \$5.00 for students/seniors and \$7.00 per adult

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

Spring Sports Fee: \$600

***If an athlete quits a sport before March 16th 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 March 16th 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 Lion's 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 on subscribe in the upper right hand corner, and follow the instructions from there
3. 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 soccer, lacrosse, & volleyball will be streamed for free.
- If you do not see a home game 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, LUTHERAN'S 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

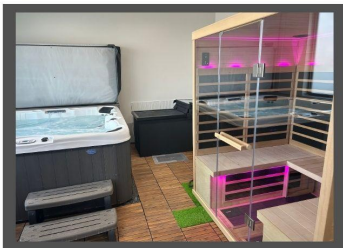
Certified Titleist
Performance Specialist, FMS
Director/Owner Synergy
Sports and Rehab

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.



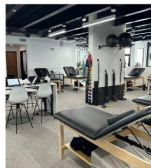
Weight Room

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.**

SPRING SPORTS PHOTO SCHEDULE

*****It is imperative that your student be present at these photo shoots in order to be in team pictures/videos. There will NOT be a make up day for pictures!**

MONDAY, MARCH 2 - SOCCER *LUHI CAFETERIA - 3:00

MONDAY, MARCH 2 - BOYS VOLLEYBALL *LUHI GYM - 4:30

WEDNESDAY, MARCH 4 - TRACK *CAFETERIA - 3:00

WEDNESDAY, MARCH 4 - LACROSSE *CAFETERIA - 4:15

THURSDAY, MARCH 5 - GIRLS TENNIS *RAILBENDER - 3:30

THURSDAY, MARCH 5 - GIRLS GOLF *RAILBENDER - 4:30

MONDAY, MARCH 9 - BASEBALL *DOUBLE ANGEL - 3:30

***All VIDEO shoots will be scheduled by head coaches

LUHI ATHLETICS SPRING SPORTS - SPRING PHOTO SCHEDULE

**Athletes must be in FULL uniform for all photos & hype videos*

MONDAY MARCH 2	TUES. MAR 3	WEDS. MARCH 4	THURS. MARCH 5
3:00 PM Girls Soccer PHOTOS @ LuHi cafeteria - 3:00 PM - VARSITY - 3:45 PM - JV - 4:15 PM - C team 3:45 PM Girls Soccer HYPE Video @ LuHi Soccer Field *Varsity only 5:00 PM Boys Volleyball PHOTOS @ LuHi cafeteria - Varsity & JV 6:00 PM Boys Volleyball HYPE Video @ LuHi Gym w/ net	3:30 PM Baseball HYPE Video @ Double Angel *Varsity only	3:00 PM Track & Field PHOTOS @ LuHi cafeteria -3:00 PM (Juniors/Seniors) -3:45 PM (Underclassmen) 4:00 PM Track & Field HYPE @LuHi Track - Upperclassmen 4:30 PM Lacrosse PHOTOS @ Luhi cafeteria - 4:30 PM Varsity - 5:15 PM JV 5:00 PM Lacrosse HYPE Video @ LuHi Lacrosse Field *Varsity only	3:30 PM Girls Tennis PHOTOS @ Railbender - Varsity - JV 3:30 PM Girls Golf HYPE Video @ The Pinery 4:45 PM Girls Tennis HYPE Video @ Railbender 5:00 PM Girls Golf PHOTOS @ The Pinery
MONDAY MARCH 9			
3:30 PM Baseball PHOTOS @ Double Angel *LuHi caf if bad weather - 3:30 PM Varsity - 4:15 PM JV - 4:45 PM C-Team - 5:15 PM Freshmen			

LUHI BASEBALL



BASEBALL

HEAD COACH - SCOTT HORMANN

Tryouts: Monday - Wednesday (2/23-2/25) 3:30 - 5:30pm

Team Levels: Varsity, JV, C Team & Freshman Team

Service Project: TBD

Picture Day: Monday, March 9th - 3:30pm

Practices: M-F after school at Gameday
Fresh Team (M-Th) @ Salisbury



LUHI BOYS VOLLEYBALL



BOYS VOLLEYBALL

HEAD COACH - NICK BROWN

Tryouts: Monday - Wednesday (2/16-2/18)
2/16 and 2/17 @ LuHi - 7:00-9:00 PM
2/18 @ Elevation Volleyball Club 3:30-5:30 Court 1

Team Levels: Varsity & JV

Service Project: TBD

Practices: See QR for more details



LUHI GIRLS GOLF



GIRLS GOLF

HEAD COACH - DEVIN WOOD

Tryouts: Monday - Wednesday (2/23-2/25) 3:30-4:45 & 4:45-6:00

Team Levels: Varsity, JV & C Team

Service Project: Parker Task Force - Saturday, April 11th

Picture Day: Thursday, March 5th 3:30 @ Railbender

Practices: See QR for details



LUHI GIRLS SOCCER



GIRLS SOCCER

HEAD COACH - AMY ESTES

Tryouts: Monday - Wednesday (2/23-2/25) 3:15-5:15

Team Levels: Varsity, JV & C Team

Service Project: TBD

Picture Day: Monday, March 2nd - LuHi cafeteria

Practices: M-F after school -LuHi turf



LUHI TENNIS



GIRLS TENNIS

HEAD COACH - DARCY HENDRICKS

Tryouts: Monday, February 23 (first day of practice)
Challenge matches for Varsity - No tryouts for JV

Team Levels: Varsity & JV

Service Project: Loving Lions TBD

Picture Day: Thursday, March 5th 3:30 @ Railbender

Practices: Varsity 3:15-5:15 JV 4:45-6:15



LUHI LACROSSE



LACROSSE

HEAD COACH - TYLER SNYDER

Tryouts: Monday - Wednesday (2/23-2/25) 5:15-7:15

Team Levels: Varsity & JV

Service Project: TBD

Picture Day: Wednesday, March 4th - LuHi cafeteria

Practices: M-F after school LuHi turf 5:15-7:15





TRACK & FIELD

HEAD COACH - JERMAINE STAFFORD

No tryouts/No cuts

Team Levels: Varsity & JV

Service Project: TBD - See QR for more information

Picture Day: Wednesday, March 4th 3:00pm

Practices: M - F after school LuHi Track 3:15 - 5:00





LUTHERAN HIGH SCHOOL ATHLETICS ANNUAL GOLF TOURNAMENT



**SAVE THE DATE FOR OUR ANNUAL GOLF TOURNAMENT HELD AT
THE PINERY COUNTRY CLUB - TUESDAY, MAY 26TH**

**ALL FUNDS RAISED BENEFIT THE
LUTHERAN HIGH SCHOOL ATHLETIC DEPARTMENT**

**SPONSORSHIP OPPORTUNITIES ARE AVAILABLE - PLEASE REACH
OUT TO RACHELLE OR BECKI FOR MORE INFORMATION**

BASEBALL

BOYS VOLLEYBALL

GIRLS GOLF

GIRLS SOCCER

GIRLS TENNIS

LACROSSE

TRACK & FIELD

CAFETERIA

ROOM 136

ROOM 165

ROOM 162

ROOM 164

ROOM 032

GYM