



SAGE HILL ATHLETICS



Sage Hill School fields competitive, well-coached teams in an atmosphere of respect and sportsmanship. Our coaches have the skills, expertise and passion needed to help young athletes maximize their potential. Interscholastic sports are rigorous and competitive, allowing athletes to test their skills against worthy opposition. These competitions help build school spirit and generate a sense of community. Athletic experiences teach valuable lessons in teamwork, sportsmanship, integrity, discipline, courage and leadership.

Sage Hill Offers 21 Interscholastic Sports Totalling 42 Teams:

Fall Season

Varsity Boys' Cross Country
JV Boys' Cross Country
Varsity Girls' Cross Country
JV Girls' Cross Country
Varsity Football
Varsity Girls' Golf
JV Girls' Golf
Varsity Girls' Tennis*
JV Girls' Tennis*
F/S Girls' Tennis*
Varsity Girls' Volleyball*
JV Girls' Volleyball*
F/S Girls' Volleyball*
Varsity Boys' Water Polo
JV Boys' Water Polo

Winter Season

Varsity Boys' Basketball*
JV Boys' Basketball*
F/S Boys' Basketball*
Varsity Girls' Basketball
JV Girls' Basketball
Varsity Boys' Soccer*
JV Boys' Soccer*
Varsity Girls' Soccer*

Spring Season

JV Girls' Soccer*
Varsity Baseball
Varsity Boys' Golf*
JV Boys' Golf*
Varsity Boys' Swim & Dive
JV Boys' Swim & Dive
Varsity Girls' Swim & Dive
JV Girls' Swim & Dive
Varsity Boys' Tennis*
JV Boys' Tennis*
F/S Boys' Tennis
Varsity Boys' Track & Field
JV Boys' Track & Field
Varsity Girls' Track & Field
JV Girls' Track & Field

Varsity Boys' Volleyball
JV Boys' Volleyball
Varsity Boys' Lacrosse
Varsity Girls' Lacrosse

*These sports have tryouts and may make cuts; there is still an opportunity each season for participation in a sport.

Also offering Sage Hill Club Sports in Sailing and Interscholastic Equestrian League.

NOTE: In the 2020-2021 academic year, the Lightning Athletics Program will be modified in accordance with guidelines issued by the California Interscholastic Federation (CIF) to promote the health and safety of student-athletes during the COVID-19 pandemic.

Participation:

75%

of freshmen participated in at least one sport during the 2019 - 2020 school year.

65%

of the student body participated on an athletic team in the 2019 - 2020 school year.

Scholar Athletes:

CIF-SS honors various schools with an Academic Awards Program for athletic teams that maintain a 3.0 GPA for their season. In 2019 - 2020, every eligible sports team at Sage Hill qualified for the CIF Southern Section Academic Awards Program.

Baseball, Football, Boys' Lacrosse and Girls' Lacrosse finished as the CIF-SS Academic Team Champions for schools of enrollment under 1500, and Lightning Football was the Academic CIF State Champion. In addition, 16 out of 21 Lightning Athletics teams finished in the top five places for schools with enrollment under 1500.

Our goal is for everyone to have the best possible experience in their sport with ample opportunity for both close team camaraderie and individual attention from coaches. In order to achieve this, there may be limits on how many participants are selected for each team and the number of participants may vary slightly year to year. Therefore, there is a chance that cuts may need to be made in certain sports each year. Although cuts may need to be made, there will still be an opportunity for participation in a sport each season.

Champions 2019-2020:

League Champions

- Football
- Girls' Golf
- Girls' Tennis

Note: No spring sports champions were crowned in 2020 due to the COVID-19 pandemic.

CIF-SS Individual Honors

- Girls' Tennis – 4 Qualifiers – 2 Doubles teams

CIF-SS and CIF State Honors

- Girls' Golf – Team placed 3rd in CIF-SS, 4th in Southern CA and individual Finalist placed 10th in CA
- Football – CIF-SS Semi-Finalists
- Boys' Cross-Country - Qualifiers
- Girls' Cross-Country in team placed 5th in CIF-SS and 17th in CA

Federation and League Affiliations:

Sage Hill is a member of the California Interscholastic Federation, Southern Section and of the Western Athletic Conference (WAC). The WAC is made up of 22 schools and 4 different leagues. League opponents for most sports will be:

- St. Margaret's Episcopal School
- Fairmont Prep, SJC
- The Webb Schools
- Pacifica Christian
- Southlands Christian
- Capistrano Valley Christian
- TVT Community Day School
- Tentative Practice locations for Golf, Track & Field:
 - » Golf – Strawberry Farms, Irvine
 - » Track & Field – Orange Coast College, Costa Mesa



SAGE HILL
SCHOOL

Come and Check Out a Game!

sagehillschool.org/athletics

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