



June 3, 2021

Dear Method Families,

Method Schools is officially renewed to participate in CIF Sports for the 2021-22 school year on a preliminary membership. We are looking forward to our first year in competition in CIF. In order to participate in CIF Sports with Method Schools, your student must be in high school (grades 9-12) and meet all academic eligibility requirements.

Before competition begins, Method Schools is offering a summer athletic training camp. This camp's focus is to improve athleticism in each of the following areas: speed and agility, strength, explosion, change of direction, and sport specific skills to serves all sports. Our athletic trainers will individualize a summer training regime to optimize performance in your sport or sport(s) of choice. Starting July 12th, students in grades 4-12 will participate in a variety of training exercises from Olympic weight training, plyometrics, speed and agility, and sport specific training four times a week – Monday, Tuesday, Wednesday, and Friday at Method Headquarters and the Murrieta Los Alamos Sports Park. For details, please inquire with our athletic trainer DJ Brown, dbrown@methodschools.org

Based on our survey results from current Method families, we have narrowed down our fall sports to **Girls Golf** and **Boys & Girls Cross Country**. We are seeking coaches for these teams. Please visit [Coaches Wanted](#) and search Method Schools if you are interested or have a recommended coach. Once hired, we will host two informational meetings with each head coach to discuss details of the upcoming seasons, offseason workouts, and meeting schedule. We are excited to launch these Fall sports programs!

Sincerely,

Dalton Hunkle
Athletic Director



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