

SHELDON HIGH SCHOOL ATHLETICS

Bob Baker, Athletic Director  
Denise Aguilar, Assistant Athletic Director  
Mark Zemke, Assistant Athletic Director  
Randy Reyna, Assistant Athletic Director



“Home of the Huskies”  
sheldonhuskies.com

8333 Kingsbridge Drive  
Sacramento, CA 95829  
(916) 681-7500, ext. 8126  
(916) 681-7506 FAX

SHELDON ATHLETICS

Welcome to the Sheldon Athletic Department. To understand our purpose, you must first read our mission statement:

*The Sheldon High School Athletic Department’s mission is to develop the complete student-athlete. We envision students who embrace sportsmanship, teamwork, and a dedicated work ethic. Our ultimate goal is to produce responsible, productive, employable citizens who recognize the value and enjoyment of athletics.*

Our exceptional coaching staff is dedicated to this concept and works to prepare each competitive team to represent our school and community. In fact, we were the first area school to adopt Pursuing Victory with Honor, which was later adopted by EGUSD. Our teams are widely known for their outstanding sportsmanship, and we have three times hosted the Delta League Sportsmanship Conference.

We offer a full complement of sports throughout the school year:

**Fall**

- Men’s Cross Country
- Women’s Cross Country
- Football
- Women’s Golf
- Men’s Soccer
- Women’s Tennis
- Women’s Volleyball
- Spirit

**Winter**

- Wrestling
- Women’s Basketball
- Men’s Basketball
- Spirit

**Spring**

- Men’s Swimming
- Women’s Swimming
- Men’s Track & Field
- Women’s Track & Field
- Baseball
- Softball
- Men’s Golf
- Women’s Soccer
- Men’s Tennis
- Men’s Volleyball

Our program is built on gender equity with nine women’s sports that correspond directly with nine men’s sports, two student sports, and spirit athletes treated as true athletes. We offer lower level teams, in addition to varsity, for all sports, except tennis, with frosh, frosh-soph, and/or JV teams. This allows additional access for more student-athletes to our programs. Many of our student-athletes are multitasking, which is demonstrated by their involvement in other extracurricular activities, such as band, dance, drama, art, choir, and ASB. Our coaches encourage student-athletes to participate in more than one sport to promote athleticism and to allow them to have fun in another sport. A student-athlete earning varsity letters in each of the three seasons is awarded the Sheldon triangle patch to demonstrate our strong belief in the multi-sport athlete.

The Huskies truly believe in the student in student-athlete. In our 11 years, our student-athletes have maintained an overall GPA of 3.25. We record the highest team GPA for each season (the record is 3.98), and those teams are engraved on a plaque in the athletic office. The highest varsity team GPA each season is honored at a district board meeting with each student-athlete and coach being recognized.

Our coaches have been honored at Sheldon. Bob Baker was named State Coach of the Year for Boys' Track and Field by the California Coaches Association in 1999 and was honored as Section Boys' and Girls' Coach of the Year by the Sacramento Track Association and as the Sac-Joaquin Athletic Director of the Year by the California State Athletic Directors Association in 2004. Scott Gradin was honored by the *Sacramento Bee* as Coach of the Year for Men's Basketball in 2001. For 2002, both Bob Opp, for men's golf, and Mary Jo Truesdale, for softball, were selected by the *Sacramento Bee* as Coach of the Year. In 2006, Coach Truesdale was honored as the State Coach of the Year for Softball by the California Coaches Association and was the Western States Regional Coach of the Year. More honors came to Coach Truesdale in 2007 when Cal Hi Sports names her State Softball Coach of the Year, and then in 2008, she also was named Section Honor Coach. In 2005, Denise Aguilar was honored as the State Coach of the Year for Girls' Golf by the California Coaches Association and was also selected as an Honor Coach by the Sac-Joaquin Section in 2007. In 2008, Ed Lombardi received the Brownfield Mentoring Award from the California Coaches Association.

And do our teams win? For 2001-2002, our Athletic Department won the Delta League All-Sports Award, which recognized the outstanding achievement of all varsity teams. This was accomplished in only our fifth year, and it was the last year the Delta League recognized that award. Also, softball won our first varsity section championship in 2002 by defeating defending champion Fairfield twice. The softball team then finished 2<sup>nd</sup> in Section D-1 in 2006 before being the Section Champions in both 2007 and 2008. Our softball team was named Team of the Year (#1 in California) by Cal Hi Sports in 2008. The men's golf team, women's track and field team, and the women's golf team have won Sub Section titles, and men's golf and women's track and field (3 times) have finished second at Sections. Men's and women's golf have both qualified for NorCals with the men finishing 4<sup>th</sup>. Wrestling has sent qualifiers to State Meet for 8 straight years. Speaking of State, the track & field team has sent athletes to State for ten straight years, producing 5 medalists. Both men's and women's track and field consistently finish in the top 5 in the Section. Men's basketball made the Final 4 in 2001 and was the runner up at both Sections and NorCals in 2004. In 2007, the men's basketball team was the Section D-1 Champions and returned to the Final 4 in 2008. Women's basketball made it to the Final 4 in 2004 and 2005. In 2006, women's basketball won the Section D-1 Championship and were in the Elite 8 in 2007 and 2008. Men's cross-country teams finished 2<sup>nd</sup> in 2004, 3<sup>rd</sup> in 2005 and 2006, and 2<sup>nd</sup> in 2007 in the Section D-1 Championships. Men's cross country qualified as a team for the State Meet in 2004 and 2007 and sent individuals in 2005 and 2006. Girls' cross country sent an individual to State Meet in 2002. Also, baseball made it to the Final 4 at Sections in 2004 and made the section playoffs for three straight years. Check out the east wall of the gym for the Delta League and Delta River League Championship banners won in ten years. Additionally, we have had 5 All-Americans on 4 sports teams: women's track and field, men's track and field, men's basketball, and softball (2).

Yes, we are proud of our accomplishments. But our best accomplishment is the quality of the individuals who graduate from Sheldon and take a piece of us with them—those memories and life-long skills that will help each throughout life. As an example of our graduates giving back a

good number of our graduates are now coming back to Sheldon as our assistant coaches and two head coaches in men's volleyball and women's tennis.

Do you want to know more about Sheldon Athletics? Check out the district Athletic Handbook, the Sheldon Newsletters, and [sheldonhuskies.com](http://sheldonhuskies.com).

Once you're at Sheldon: you're always a Husky!