

(School Directory updated 8/27/09)

CIFSDS Member Schools = 117 (as of July 2009)
Enrollments based on 10/08 CBEDS

ACADEMY OF OUR LADY OF PEACE

web: www.aolp.org
4860 Oregon Street
San Diego 92116
Ph: 619-297-2266
Fax: 619-297-2473
City Conference/Western
Catholic Independent
All Girls/Four Years
Enrollment (9-12) = 732
Pilots - Columbia Blue/White

Directions: I-8 to Texas St. S-L @
Madison Ave. - L @ Oregon St.

ADMINISTRATION

Prin: Sister Dolores Anchondo x 200
AP: Sister Joyce Hampel x 201
G.AD: Melinda Blade 297-2563
dr.blade@aolp.org
AD Sec: Melissa Acosta
macost@aolp.org
ASB: Jeanette Handelsman x 154
Finance: Trent Smail x 127
Cheer: Mark Rauch x 227
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: DNF
G. BB: Norman Guay
B. XC: DNF
G. XC: Dan Keays
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: Aaron Gonzales
Gymnastics: Mark Rauch/Rebecca Floyd
B. Lacrosse: DNF
G. Lacrosse: DNF
B. Soccer: DNF
G. Soccer: Sally Boettger
Softball: Jim Clift
B. Swim: DNF
G. Swim: Kevin Manley
B. Tennis: DNF
G. Tennis: Darice Carnaje
B. Track: DNF
G. Track: Dan Keays
B. Volleyball: DNF
G. Volleyball: John Landicho
B. Water Polo: DNF
G. Water Polo: DNF

ALL TRIBES CHARTER SCHOOL

web: www.alltribescharter.org
34320 Valley Center Road
Valley Center 92082
Ph: 760-749-5982
Fax: 760-749-4153
Frontier League
Warner U.S.D.
Four Years
Enrollment (9-12) = 30
Wolf - Red/Black/White
Directions: I-15 to Via Rancho Pkwy to
Bear Valley Pkwy to Valley Parkway East,
continue on Valley Center Rd. through Valley
Center to Rincon Reservation-across from
Rincon Market

ADMINISTRATION

Prin: Mary Ann Donohue 272-6091
ataics@aol.com
Prin Sec: Tracy Whittington
twhittington98@yahoo.com
AP: N/A
AD: Michelle Parada 272-6094
Sec: Tracy Whittington
tracygr1777@gmail.com
ASB: N/A
Finance: N/A
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Rik Mazzetti
B. BB: TBA
G. BB: TBA
B. XC: TBA
G. XC: TBA
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: TBA
G. Soccer: TBA
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. Volleyball: DNF
G. Volleyball: DNF
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Nate/Scott Parada

ARMY AND NAVY ACADEMY

web: armyandnavyacademy.org
2605 Carlsbad Blvd. 92018-3000
Mail: PO Box 3000
Carlsbad, CA 92018-3000
Ph: 760-547-5259
Fax: 760-729-6791
AD Fax: 760-729-6791
Coastal Conference/North
Private School
All Men/Four Years
Enrollment (9-12) = 234
Warriors - Black/Gold
Directions: I-5 to Carlsbad Village Drive,
West to Carlsbad Blvd., North to 2605.

ADMINISTRATION

President: Gen. Steve Bliss 547-5299
sbliss@armyandnavyacademy.org
Dean: David Haynes 547-5199
dhaynes@armyandnavyacademy.org
AD: John Maffucci 547-5259
jmaffucci@armyandnavyacademy.org
AD Sec: Roberta Ford 547-5258
rford@armyandnavyacademy.org
Athletic Trainer: Carrie Gommel
cgommel@armyandnavyacademy.org
ASB: Cori Friedman
Finance: Janet Pullen 547-5269
Cheer: DNF
Band: Mike Donovan 547-5161

VARSITY HEAD COACHES

Badminton: DNF
Baseball: TBA
B. BB: John Maffucci
G. BB: DNF
B. XC: Martin Davis
G. XC: DNF
Field Hockey: DNF
Football: Bert Ford
B. Golf: Dan Loden
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Jennifer Quan
G. Soccer: DNF
Softball: DNF
B. Swim: TBA
G. Swim: DNF
B. Tennis: Daniel Primbs
G. Tennis: DNF
B. Track: Martin Davis
G. Track: DNF
B. Volleyball: DNF
G. Volleyball: DNF
B. Water Polo: Dan Loden
G. Water Polo: DNF
Wrestling: Garry Dillard

AURORA

web: www.Calexico.k12.ca.us
641 Rockwood Avenue
Calexico, CA 92231
Ph: 760-768-3940
Fax: 760-768-1459
Frontier League
Calexico U.S.D.
Coed/Four Years
Enrollment (9-12) = 206
Mascot: Eagles
Colors: Navy Blue/White
Direction: I-8 E to Hwy 111 South to
Calexico, turn Left onto 7th continue to
Rockwood Ave.

ADMINISTRATION

Prin: Dan Plough x 4399
dplough@calexico.k12.ca.us
Prin Sec: Aurora Pinto x 4398
apinto@calexico.k12.ca.us
AP: N/A
AD: Sergio Nava 768-3940
snava@calexico.k12.ca.us
AD Sec: Aurora Pinto x 4398
ASB: Marco Miramon 768-3940
Finance: Aurora Pinto x 4398
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Sergio Nava
B. BB: DNF
G. BB: DNF
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Sergio Nava
G. Soccer: DNF
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: DNF
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

THE BISHOP'S SCHOOL

web: www.bishops.com
7607 La Jolla Blvd.
La Jolla, CA 92037
Ph: 858-459-4021
Fax: 858-459-3914
Coastal Conference/South
Private School
Coed/Four Years
Enrollment (9-12) = 562
Knights - Maroon/Gold
Directions: N I-5 to La Jolla Pkwy/S I-5
to La Jolla Village Dr. - W to Torrey Pines Rd.
W- 52 ends at La Jolla Parkway-
L@Girard-R@Pearl-R@La Jolla Blvd

ADMINISTRATION

Headmaster: Aimeclaira Roche x221
rochea@bishops.com
Dean: Louise Gilpin x267
gilpinl@bishops.com
AD: Tom Tarantino x 233
tarantinot@bishops.com
Assoc AD: Joel Allen
allenj@bishops.com
AD Sec: Debby Hubbard x 630
hubbardd@bishops.com
Athletic Trainer: Jason Charlebois
charleboisj@bishops.com
ASB: Regina Ballard x 650
Finance: Kimberly Borgerding x 410
Cheer: DNF
Band: Will Parsons x 465

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Al Gomez
B. BB: Tom Tarantino
G. BB: Marion Wells
B. XC: Adam Weiner
G. XC: Adam Weiner
Field Hockey: Kristin Davidson
Football: Joel Allen
B. Golf: Billy Subang
G. Golf: Chuck Courtney
Gymnastics: DNF
B. Lacrosse: Steve Sepeta
G. Lacrosse: Meghan Carr
Roller Hockey: DNF

B. Soccer: Malcolm Tovey
G. Soccer: Brian Quinn
Softball: Thomas Abeyta
B. Swim: Dana Pierce
G. Swim: Chad Bishop
B. Tennis: Jose Ruelas
G. Tennis: Jose Ruelas
B. Track: April Guinchard
G. Track: April Guinchard
B. Volleyball: Tod Mattox
G. Volleyball: Tod Mattox
B. Water Polo: Jim Fales
G. Water Polo: Doug Peabody
Wrestling: DNF

BONITA VISTA

web: www.suhsd.k12.ca.us/bvh
751 Otay Lakes Road
Chula Vista, CA 91913
Ph: 619-216-5000
Fax: 619-656-1203
Metro Conference/Mesa
Sweetwater UHSD
Coed/Four Years
Enrollment (9-12) = 2492
Barons - Navy Blue/Gold

Directions: I-805 to H St East - Left @

ADMINISTRATION

Prin: Bettina Batista 216-5004
bettina.batista@suhsd.k12.ca.us
AP: Bryan Schultz
bryan.schultz@suhsd.k12.ca.us
AD: Lance Christensen 216-5008
lance.christensen@suhsd.k12.ca.us
ASB: Dave Mitrovich 421-5211
Finance: Wendy Munoz 421-5211
Cheer: Loena Lucero 216-5000
Band: Jason Mangan 216-5000

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Vince Gervais
B. BB: Bill Woods
G. BB: Wayne Wooten
B. XC: Ed Winczowski
G. XC: Ed Winczowski
Field Hockey: Ernesto Luna
Football: Carl Parrick
B. Golf: Sean Meisner
G. Golf: Gab Ruz
Gymnastics: Cody Moses
B. Lacrosse: TBA
G. Lacrosse: Ernesto Luna
Roller Hockey: Keith Quigley

B. Soccer: Jason Murphy
G. Soccer: Ron Pietila
Softball: John Carlsson
B. Swim: Daniel Davalos
G. Swim: Daniel Davalos
B. Tennis: John Villanueva
G. Tennis: Heidi Marks
B. Track: Ray Peterson
G. Track: Ray Peterson
B. VB: Hawley Woods
G. VB: Woodie Taatafa
B. Water Polo: Kevin Killackey
G. Water Polo: Kevin Killackey
Wrestling: Gabe Ruz

BORREGO SPRINGS

web: www.borregosprings.edmin.com
2281 Diegueno Rd., Borrego Springs
Mail: 1315 Palm Canyon Drive
Borrego Springs, CA 92004
Ph: 760-767-5335
Fax: 760-767-5999
Southern Conference
Borrego Springs U.S.D.
Coed/Four Years
Enrollment (9-12) = 144
Rams - Red/Black/White

Directions: I-8 E to 67 N to 78 E to 79N
to S-2S to S-22E to R @ Palm Canyon Rd
L @ Ocotillo R @ Saddle to school.

ADMINISTRATION

Prin: Anne Bogardt
abogardt@bsusd.net
Prin Sec: Rosa Bitner
rbitner@bsusd.net
AP: N/A
AD: Carl Focarelli
cfocarelli@bsusd.net
AD Sec: Rosa Bitner
ASB: Tim Fletcher
Finance: Casey Kinsey
ckinsey@bsusd.net
Cheer: Christy Byrd
Band: N/A

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Charles Cochran
B. BB: Carl Focarelli
G. BB: April Olsen
B. XC: Cathy Paredes
G. XC: Cathy Paredes
Field Hockey: DNF
Football: Randy Peyakov
B. Golf: Robb Fuesler
G. Golf: Robb Fuesler
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Oscar Fuentes
G. Soccer: Manuel Marin
Softball: Bob Moore
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. Volleyball: DNF
G. Volleyball: Rick Rethore
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

BRAWLEY UNION

web: www.brawleyhighschool.org
480 North Imperial Avenue
Brawley, CA 92227
Ph: 760-312-5819
Fax: 760-344-9520
AD Fax: 760-312-6094
Southeastern Conference
Brawley U.S.D.
Coed/Four Years
Enrollment (9-12) = 1752
Wildcats - Royal Blue/Gold

Directions: I-8 E to (El Centro) Imperial
Ave/Hwy86/Imperial Ave - in Brawley
take 1st St to A St - 3 blks to school.

ADMINISTRATION

Prin: Simon Canalez x6085
scanalez@brawleyhigh.org
Prin Sec: Sandra Cortez x4057
scortez@brawleyhigh.org
AP: Jesse Sanchez 312-6089
jsanchez@brawleyhigh.org
AD: Billy Brewer 312-6065
bbrewer@brawleyhigh.org
AD Sec: N/A
ASB: Jeff Wise 312-6061
Finance: Myra Franco x 4175
mfranco@brawleyhigh.org
Cheer: Cory Nava 351-6342
Band: Amy Dailey x 4178

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Pedro Carranza
B. BB: Andy Burnett
G. BB: Mike Pacheco
B. XC: Jose Flores
G. XC: Jose Flores
Field Hockey: DNF
Football: John Bishop
B. Golf: Phil Finnell
G. Golf: Hank Baran
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Frank Cervantes
G. Soccer: Daniel Hernandez
SB: Kristina Contrearras/Chris Velasco
B. Swim: D'Ann Luckey/Troy Riestler
G. Swim: D'Ann Luckey/Troy Riestler
B. Tennis: Mike Palacio
G. Tennis: Mike Palacio
B. Track: Jose Flores
G. Track: Jose Flores
B. Volleyball: DNF
G. Volleyball: Phil Finnell
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Tony Leon

CALEXICO

web: www.calexico.k12.ca.us
1030 Encinas Avenue
Calexico, CA 92231
Ph: 760-768-3980
Fax: 760-357-9640
AD Fax: 760-768-3995
Southeastern Conference
Calexico U.S.D.
Coed/Three Years
Enrollment (9-12) = 2868
Bulldogs - Maroon/White

Directions: I-8 E to Hwy 111 (Calexico
exit) S to Hwy 98-L to Encinas Ave - R
on Encinas to school on left side.

ADMINISTRATION

Prin: Gilbert Barraza Jr. x 4199
gbarraza@calexico.k12.ca.us
Prin Sec: Janet Burgos x4197
AP: John Moreno x 4188
AD: Joe Apodaca
japodaca@calexico.k12.ca.us
Athletic Trainer: Ruben Payan
ASB: Frank Noriega x 4177
Finance: Sandra Ramsey x 4195
Cheer: Rose Moreno-Gerardo x 4466
Band: Mark Lucas x4041

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Ricky Guzman
B. BB: Frank Moreno Jr.
G. BB: Sai Cuevas
B. XC: Jesus Rojas
G. XC: Jesus Rojas
Field Hockey: DNF
Football: Alfredo Silva
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Javier Bernal
G. Soccer: Eric Lopez
Softball: Jose Briseno
B. Swim: DNF
G. Swim: DNF
B. Tennis: TBA
G. Tennis: Xavier Leos
B. Track: Cal Armstrong
G. Track: Cal Armstrong
B. Volleyball: DNF
G. VB: TBA
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Jose Jimenez

CALIPATRIA

web: N/A
601 West Main Street
Calipatria, CA 92233
Ph: 760-348-2254
Fax: 760-348-2431
Southeastern Conference
Calipatria U.S.D.
Coed/Four Years
Enrollment (9-12) = 355
Hornets - Navy Blue/Gold

Directions: I-8 to Imperial Ave or #86
NE thru Brawley to #111 - N to 9th St - L
to Main - L to school.

ADMINISTRATION

Prin: Virginia Calsada 348-4041
v_calsada@hotmail.com
Prin Sec: Margie Pizano 348-4046
mpizano@calipatria.k12.ca.us
Dean: Edgar Self
AD: Jose Imperial 348-2142
jimperial@calipatria.k12.ca.us
AD Sec: Michele Haggarty 348-4047
mhaggarty@calipatria.k12.ca.us
Athletic Trainer: None
ASB: Martha Self
Finance: Michelle Haggarty x 4047
Cheer: Mercedes Vilorio
Band: None

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Tom Cato
B. BB: Robert Romero
G. BB: Raul Navarro
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: David Shaw
B. Golf: Noel Medina
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Noel Medina
G. Soccer: DNF
Softball: Paul Iten
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. Volleyball: DNF
G. Volleyball: Yolanda Uribe
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

CALVARY CHRISTIAN

web: ccsvista.org/index.html
885 East Vista Way
Vista, CA 92084
Ph: 760-724-4590
Fax: 760-560-0607
Southern Conference/ Citrus West
Private School
Coed/Four Years
Enrollment (9-12) = 109
Lions - Navy Blue/White

Dir: Hwy 78 to Vista Way exit. Turn Right on Vista way. School/church on right.
(Home games are offsite)

ADMINISTRATION

Prin: Jess Hetherington
jess@calvaryvista.com
Prin Sec: Becky Hoden
beckyhoden@calvarychapel.com
AP: N/A
AD: Alex Boshaw
boshaw5@sbcglobal.net
AD Sec: Robin Boshaw
ASB: Amy Entzminger
Finance: N/A
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Steve Whitley
B. BB: Eric Apodaca
G. BB: Joe Biernacki
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: Leroy Hill
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: Ray Garcia
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. Volleyball: DNF
G. Volleyball: Erin Harris
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

CALVARY CHRISTIAN SAN DIEGO

web: www.caknights.com
1771 E. Palomar Street
Chula Vista, CA 91913
Ph: 619-591-2260
Fax: 619-591-2261
Southern Conference
Private School
Coed/Four Years
Enrollment (9-12) = 102
Royal Knights - Cardinal/Gold

Directions: 805 S to Telegraph Canyon E - R @ La Media - L @ E. Pamonar

ADMINISTRATION

Prin: Dan Jester
djester@calvarysd.com
Prin Sec: Mariana Figueroa
mfigueroa@calvarysd.com
AP: Chapin Marsh
AD: Frank Henry
fhenry@calvarysd.com
AD Sec: Darla Lusky x 435

ASB: Jared Lee
Finance: Christine Hipolito
chipolito@calvarysd.com
Cheer: Tanya Amezaga
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Joe Butler
B. BB: TBA
G. BB: Gene Rheam
B. XC: Joe Butler
G. XC: Debbie Castillo
Field Hockey: DNF
Football: Frank Henry
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Dale Duvall
G. Soccer: DNF
Softball: TBA
B. Swim: Tom Paradowski
G. Swim: Tom Paradowski
B. Tennis: DNF
G. Tennis: DNF
B. Track: Frank Henry
G. Track: Frank Henry
B. Volleyball: DNF
G. Volleyball: DNF
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

CALVIN CHRISTIAN

web: calvinchristianescandido.org
2000 North Broadway
Escondido, CA 92026
Ph: 760-489-6430
Fax: 760-489-7055
Coastal Conference/North
Private School
Coed/Four Years
Enrollment (9-12) = 192
Crusaders - Columbia Blue/Black

Direction: I-15 to 78 east. North on Broadway.

ADMINISTRATION

Prin: Frank Steidl 489-4332
franksteidl@calvinchristianescandido.org
Prin Sec: Darla Lusky
luskygroup@gmail.com
AP: N/A
AD: Bill Stout 489-0201
stouttchs@gmail.com
AD Sec: Darla Lusky 520-8435
darlalusky@calvinchristianescandido.org
ASB: Steve Whitener
Finance: Donna Powell 489-4335
Cheer: N/A
Band: Vicki Van Essen 489-6430

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Frank Bons
B. BB: Mark Carlson
G. BB: Brad Jansen
B. XC: John Gregor Macdougall
G. XC: John Gregor Macdougall
Field Hockey: DNF
Football: Brad Jansen
B. Golf: Gary Radersma
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Jonathan Beutlich
G. Soccer: Mark Vander Werf
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: John Hitchens
G. Track: Todd Nash
B. Volleyball: DNF
G. VB: Doug Van Solkema
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

CANYON CREST ACADEMY

web: www.canyoncrest.com
5951 Village Center Loop Road
San Diego, CA 92130
Ph: 858-350-0253
Fax: 858-350-0280
Coastal Conference/South
San Dieguito U.H.S.D.
Coed/Four Years
Enrollment (9 only) = 1787
Ravens - Black/Red

Direction: Hwy 56 - exit Carmel Valley Rd to the north - right Edgewood Bend Ct - enter thru back gate or to Village Ctr. Loop Rd - right - then right into front of school.

ADMINISTRATION

Prin: Brian Kohn x4000
brian.kohn@sduhsd.net
Prin Sec: Diane Fisher x 4001
AP: Barbara Stroud x 4002
barbara.stroud@sduhsd.net
AD: Matt McCullough x 4005
matthew.mccullough@sduhsd.net
AD Sec: Stacy Candia x 4004
Trainer: Melodie Hixson
mel1323@aol.com
ASB: Erica Williams
Finance: Laura Main
laura.main@sduhsd.net
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Bo Ginsberg
B. BB: Brian Baum
G. BB: Terry Ryan
B. XC: Chuck Hayden
G. XC: Chuck Hayden
Field Hockey: Elizabeth Taylor
Football: DNF
B. Golf: Matt McCullough
G. Golf: Matt McCullough
Gymnastics: Tom Lockhart
B. Lacrosse: Russ Olsen
G. Lacrosse: Rebecca Cathcart
Roller Hockey: DNF

B. Soccer: Tom Lockhart
G. Soccer: Tim Roty
Softball: Morgan Lynch
B. Swim: Nicholas Lintz
G. Swim: Nicholas Lintz
B. Tennis: Chris Black
G. Tennis: Chris Black
B. Track: Chuck Hayden
G. Track: Chuck Hayden
B. VB: Ariel Haas
G. VB: Ariel Haas
B. Water Polo: Ian Davidson
G. Water Polo: TBA
Wrestling: Craig Van Dyke

CARLSBAD

web: www.carlsbadhigh.com
3557 Lancer Way
Carlsbad, CA 92008
Ph: 760-331-5100
Fax: 760-729-6830
North County Conference/Palomar
Carlsbad U.S.D.
Coed/Four Years
Enrollment (9-12) = 2936
Lancers - Purple/White

Direction: I-5 to Carlsbad Village Dr East-Right on Monroe-turns into Lancer Way

ADMINISTRATION

Prin: Maggie Stanchi 331-5199
stanchima@sdcoe.net
Prin Sec: Diane Jennings x5195
djennings@sdcoe.net
AP: Tom Bloomquist x5198
AD: Chris Greene x5197
chsathletics@hotmail.com
AD Sec: Emily Smith x 5192
Athletic Trainer: Larry Duensing
ASB: Tom Robertson 331-5100
Finance: Barb Olesky 331-5156
Cheer: Natalie Soto
Band: Greg Anderson

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Chris Greene
B. BB: Scott Ogden
G. BB: Randy Bull
B. XC: Katie Meehan
G. XC: Katie Meehan
Field Hockey: DNF
Football: Bob McAllister
B. Golf: David Emerick
G. Golf: Don Hartley
Gymnastics: DNF
B. Lacrosse: Chris Scherrif
G. Lacrosse: Melissa Turner
Roller Hockey: DNF

B. Soccer: Jeff Riccitelli
G. Soccer: Carl Higham
Softball: Dan Worley
B. Swim: J.B. Feaster
G. Swim: Amanda Phillippe
B. Tennis: GeeGee Garvin
G. Tennis: GeeGee Garvin
B. Track: Joe Angel
G. Track: Joe Angel
B. VB: Tobin Knudsen
G. VB: Kristin Tomkinson
B. Water Polo: JB Feaster
G. Water Polo: Shawn Donahue
Wrestling: Ross O'Brian

CASTLE PARK

web: www.suhsd.k12.ca.us/cph/
1395 Hilltop Drive
Chula Vista, CA 91911
Ph: 619-691-5600
Fax: 619-427-5967
Metro Conference/South Bay
Sweetwater U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1860
Trojans
Red/Black/White

Direction: I-805 to Orange Ave West.
Right @ Hilltop Dr. - school 1/2 mi on right.

ADMINISTRATION

Prin: Diego Ochoa
diego.ochoa@suhsd.k12.ca.us
Prin Sec: Gabriela Chavez
gabriela.chavez@suhsd.k12.ca.us
AP: Allison MacGregor 420-1483
allison.macgregor@suhsd.k12.ca.us
AD: Russell Moore 585-6205
russell.moore@suhsd.k12.ca.us
AD Sec: None
Athletic Trainer: Ed Ayub
ASB: Miriam Duggan 420-1483
Finance: Leticia Castro-Lopez 420-1483
Cheer: Zoe Hernandez 691-5600
Band: Donna Clark 691-5600

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Joaquin Sosa
B. BB: Aaron Partch
G. BB: Armando Rodriguez
B. XC: Ray Davis
G. XC: Alison Stevens
Field Hockey: DNF
Football: John Senesky
B. Golf: Jonathan Frye
G. Golf: TBA
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: TBA

B. Soccer: Hector Sanchez
G. Soccer: Alison Stevens
Softball: TBA
B. Swim: Carvin Stone
G. Swim: Patty Hagel
B. Tennis: Dan Angianco
G. Tennis: Dan Angianco
B. Track: Rudy Castillo
G. Track: Charles Platt
B. VB: Aaron Partch
G. VB: Mario Figueroa
B. Water Polo: Carvin Stone
G. Water Polo: TBA
Wrestling: Robert Schertzer

CATHEDRAL CATHOLIC

web: www.cathedralcatholic.org
5555 Del Mar Heights Road
San Diego, CA 92130
Ph: 858-523-4000
AD Fax: 858-523-4083
City Conference/Western
Diocese of San Diego
Coed/Four Years
Enrollment (9-12) = 1726
Dons
Red/Gold

Directions: I-5 to Del Mar Heights Rd,
east to school on right side of road.

ADMINISTRATION

Prin: Michael Deely
mdeely@cathedralcatholic.org
Prin Sec: Tina Mendes x1143
tmendez@cathedralcatholic.org
AD: David Smola 523-4022
dsmola@cathedralcatholic.org
AD Sec: Maria Oliver 523-4022
Ath Trainer: Tara Hall
thall@cathedralcatholic.org
ASB: Elizabeth Tysor
Finance: Sue Heller x 1135
Cheer: Stephanie Ladisa x1298
Band: DNF

VARSIITY HEAD COACHES

Badminton: TBA
Baseball: Gary Remiker
B. BB: Will Cunningham
G. BB: Melissa Padgett
B. XC: Dan Geiger
G. XC: Dan Geiger
Field Hockey: Shannon Robinson
Football: Sean Doyle
B. Golf: Doug McLean
G. Golf: Chris Grazier
Gymnastics: TBA
B. Lacrosse: Pat Gowan
G. Lacrosse: Shannon Robinson
Roller Hockey: Luke Sturno

B. Soccer: Bryan Wood
G. Soccer: Dawn Lee
Softball: Margaret Mauro
B. Swim: Jeff Owen
G. Swim: Jeff Owen
B. Tennis: Ron Marquez
G. Tennis: Ron Marquez
B. Track: Dan Geiger
G. Track: Dan Geiger
B. VB: Jonathan Anderson
G. VB: Kelly Drobeck
B. Water Polo: Brett Ormsby
G. Water Polo: Chip O'Rourke
Wrestling: Jason Gliotti

CENTRAL UNION

web: www.cuhsd.net
1001 Brighton Avenue
El Centro, CA 92243
Ph: 760-336-4300
Fax: 760-353-3570
AD Fax: 760-336-4575
Southeastern Conference
Central U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1712
Spartans
Blue & White

Direction: Hwy 8 east to Imperial Ave N
(El Centro) R on Holt - school is on left.

ADMINISTRATION

Prin: Jeffrey Magin x 4301
jmagin@cuhsd.net
Prin Sec: Elena Williams
ewilliams@cuhsd.net
AP: Steve Evangelist x 4302
AD: Steve Evangelist x 4302
steve@cuhsd.net
AD Sec: Bianca Abundiz x 4330
ASB: Sandy Montalvo x 4314
Finance: Veronica Lopez x 4467
F email: vlopez@cuhsd.net
Cheer: Gabriel Ontiveros
Band: Renee Baker x 4436

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Gene Martin
B. BB: Marty Zwart
G. BB: Patsy Enders
B. XC: Bob Gaede
G. XC: Bob Gaede
Field Hockey: DNF
Football: Kevin Bird
B. Golf: John Briggs
G. Golf: John Briggs
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Alonso Garcia
G. Soccer: Ramon Lopez
Softball: Genaro Diaz
B. Swim: Chandra Seaman
G. Swim: Chandra Seaman
B. Tennis: Dan Williams
G. Tennis: Dan Williams
B. Track: Ron Shane
G. Track: Ron Shane
B. VB: DNF
G. VB: Alyson Jackson
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Ron Shane

CHILDRENS CREATIVE AND PERFORMING ARTS ACADEMY (CCPA)

web: www.ccpaasd.com
3051 El Cajon Blvd.
San Diego, CA 92104
Ph: 619-584-5424
Fax: 619-584-2422

Frontier League
Private School
Coed/Four Years
Enrollment (9-12) = 63
Eagles - Royal Blue/White

Direction: Exit 805 at El Cajon Blvd. and
head West, Right on Ohio Street.

ADMINISTRATION

Prin: Janet M. Cherif
jmcherif@yahoo.com
Prin Sec: Carolyn Anderson
AP: Tim Spence
TBA
AD Email:
AD Sec: N/A
ASB: Frima Fenster
B. Finance: N/A
Cheer: N/A
Band: N/A

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: DNF
G. BB: DNF
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: DNF
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: DNF
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

CHRISTIAN

web: www.christianunified.com
2100 Greenfield Drive
El Cajon, CA 92019
Ph: 619-440-1531
Fax: 619-590-1734
City Conference/Central
Private School
Coed/Four Years
Enrollment (9-12) = 420
Patriots
Red/White/Blue

Direction: I-8 to Greenfield Dr (El Cajon)
S on Greenfield to corner of Greenfield
and Madison Ave.

ADMINISTRATION

Prin: Scott Meadows x 3312
smeadows@cussd.org
Prin Sec: Rose Van Houten x 3312
rvanhouten@cussd.org
AP: N/A
AD: Dave Beezer
dbeezer@cussd.org
AD Sec: Janice Hester 590-1724
jhester@christianunified.org
Ath Trainer: Paul Battillo pbattillo@cussd.org
ASB: Wendy Hogan
Finance: Judy Hertel 590-1724
Cheer: Judy Hertel 590-1724
Band: Bill Yeager x 3336

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Mike Mitchell
B. BB: Kelvin Starr
G. BB: Skip Gerlek
B. XC: Mark Crafton
G. XC: Danny Sanchez
Field Hockey: DNF
Football: Matt Oliver
B. Golf: David Brewer
G. Golf: David Brewer
Gymnastics: Terry Miller
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Jeff Vigil
G. Soccer: Beto Vilela
Softball: George Gentry
B. Swim: David Limbaugh
G. Swim: April Tipton
B. Tennis: J.R. Walkenhorst
G. Tennis: Mike Folsom
B. Track: Renee Ross
G. Track: Renee Ross
B. VB: Chad Hughes
G. VB: Chad Hughes
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

CHRISTIAN LIFE ACADEMY

web: www.mycla.org
613 West Valley Parkway, Suite 245
Escondido, CA 92025
Ph: 760-741-1233
Fax: 760-741-1333
Southern Conference/Citrus West
Private School
Coed/Four Years
Enrollment (9-12) = 88
Eagles
Royal Blue/White/Gold

Direction: All games off site- contact AD.

ADMINISTRATION

Prin: Lynn Holtzhouser x 203
lynnh@mycla.org
Prin Sec: Amy Rojas x200
amyr@mycla.org
AP: Steve Holtzhouser x 206
steveh@mycla.org
AD: Steve Holtzhouser x 206
steveh@mycla.org
AD Sec: Andrea Sanders x 204
andreas@mycla.org
ASB: N/A
Finance: N/A
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: TBA
B. BB: TBA
G. BB: Scott TBA
B. XC: TBA
G. XC: TBA
Field Hockey: DNF
Football: Jake Simpson
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: TBA
B. Swim: Tom Brecht
G. Swim: Tom Brecht
B. Tennis: DNF
G. Tennis: DNF
B. Track: TBA
G. Track: TBA
B. VB: DNF
G. VB: LeAnn Dalton
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

CHULA VISTA

web: www.suhsd.k12.ca.us/cvh
820 Fourth Avenue
Chula Vista, CA 91911
Ph: 619-476-3300
Fax: 619-427-5824
Metro Conference/Mesa
Sweetwater U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2881
Spartans
Blue/White

Direction: I-805 to L St West or I-5 to L St. East - North on Fourth.

ADMINISTRATION

Prin: George Ohnesorgen x 63301
george.ohnesorgen@suhsd.k12.ca.us
AP: Joe Heinz 476-3306
joe.heinz@suhsd.k12.ca.us
AD: Rex Johnson 476-3355
rex.johnson@suhsd.k12.ca.us
AD Sec: TBA x 63307
ASB: Kevin Willard x 63352
Finance: Alexia Ramos
alexia.amos@suhsd.k12.ca.us
Cheer: Kathy Perry
Band: Zig Kanstul

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Jim Westlund
B. BB: Gerrard Galvan
G. BB: John DeJesus
B. XC: Art Johnson
G. XC: Art Johnson
Field Hockey: Ben Villanueva
Football: Judd Rachow
B. Golf: Patrick Mallory
G. Golf: TBA
Gymnastics: DNF
B. Lacrosse: Doug Murphy
G. Lacrosse: Carolina Soto
Roller Hockey: Pam Wiser

B. Soccer: Ruben Oliveira
G. Soccer: Carolina Soto
Softball: Jackson Wyatt
B. Swim: Armando Ramos
G. Swim: Armando Ramos
B. Tennis: Bruce Ellerd
G. Tennis: Bruce Ellerd
B. Track: Art Johnson
G. Track: Felisha Mariscal
B. VB: Roger Casas
G. VB: Roger Casas
B. Water Polo: Phillip Disney
G. Water Polo: Phillip Disney
Wrestling: Daryl Butterfield

CLAIREMONT

web: http://prodo31.sandi.net/clairemonths
4150 Ute Drive
San Diego, CA 92117
Ph: 858-273-0201
Fax: 858-272-4219
City Conference/Central
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 1476
Chieftains
Royal Blue/Orange

Direction: I-5 to Balboa Ave East - R @ Modoc to Ute.

ADMINISTRATION

Prin: Lenora Smith
lsmith3@sandi.net
AP: Bill Laine x 2207
AD: Gerard Knuppel x 4603
gknuppel@sandi.net
AD Sec: N/A
ASB: Meg Moore x 4115
Finance: Janet Lavercombe x 2208
Cheer: Christy Maynard x 4312
Band: Don Kuhl x 4505

VARSITY HEAD COACHES

Badminton: TBA
Baseball: Rob DePerro
B. BB: Brian Keiser
G. BB: Dennis Perry
B. XC: Sean Stevenson
G. XC: Sean Stevenson
Field Hockey: Judy Shaffer
Football: Rian Floco
B. Golf: Jon Beahbiem
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: John Beaubien
G. Soccer: Eric Kangas
Softball: Ron Turner
B. Swim: TBA
G. Swim: Judy Shaffer
B. Tennis: Greg Lee
G. Tennis: Greg Lee
B. Track: Sean Stevenson
G. Track: Sean Stevenson
B. VB: James Russell
G. VB: Gerry Knuppel
B. Water Polo: Dan Knight
G. Water Polo: Marianne Watson
Wrestling: Gerard Knuppel

CORONADO

web: www.coronado.k12.ca.us
650 D Avenue
Coronado, CA 92118
Ph: 619-522-8907
Fax: 619-437-0236
City Conference/Central
Coronado U.S.D.
Coed/Four Years
Enrollment (9-12) = 1109
Islanders
Green/White

Direction: I-5 over Coronado Bridge - L at Orange - R at 6th St to D Ave.

ADMINISTRATION

Prin: Karl Mueller x 2096
kmueller@coronado.k12.ca.us
Prin Sec: Maribel Kastlunger x 2096
mkastlunger@coronado.k12.ca.us
AP: Jennifer Moore x 2098
AD: Robin Nixon x 2802
rnixon@coronado.k12.ca.us
AD Sec: C.J. Lindemann
Ath Trainer: Connie Martinez
cmartinez@coronado.k12.ca.us
ASB: Tim Oster
Finance: C.J. Lindemann
Cheer: Nicole Belong x 2802
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Sam Ceci
B. BB: J.D. Laaperi
G. BB: Toler Goodwin
B. XC: George Green
G. XC: George Green
Field Hockey: DNF
Football: Bud Mayfield
B. Golf: Randy Coutts
G. Golf: Hannah Cohen
Gymnastics: DNF
B. Lacrosse: Alex Cade
G. Lacrosse: Jessica Battle
Roller Hockey: DNF

B. Soccer: Brian Hiatt-Aleu
G. Soccer: Kiko Medina
Softball: Tony Isabella
B. Swim: Randy Burgess
G. Swim: David Throop
B. Tennis: Jim Mashburn
G. Tennis: Robert LeBuhn
B. Track: George Green
G. Track: George Green
B. VB: TBA
G. VB: Leilani Au Hoon
B. Water Polo: Randy Burgess
G. Water Polo: David Throop
Wrestling: DNF

CRAWFORD EDUCATIONAL COMPLEX

web: www.sandi.net/crawford
4191 Colts Way
San Diego, CA 92115
Ph: 619-583-2500
Fax: 619-583-9207
Central/Central
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 1488
Colts
Red/White/Blue

Direction: I-8 to Fairmont Ave S - L at El Cajon Blvd - R at 54th St - L at Trojan Ave. R on Sharon Place to Colts Way

ADMINISTRATION

Prin: William Laine x2460
wlaine@sandi.net
Prin Sec: Clara Brown x 2550
cbrown@sandi.net
AP: TBA
AD: Jon Robell
jrobell@sandi.net
AD Sec: Lupe Vallin 583-2500
ASB: Lou Coons-Champs x 4405
Finance: Anna Asaro-Baker x 1012
Cheer: Karen Rogoff x 4020
Band: N/A

VARSITY HEAD COACHES

Badminton: Thong Yang
Baseball: Chris Nickeson
B. BB: Dave Taylor
G. BB: TBA
B. XC: Dwight McDonald, Sr.
G. XC: Dwight McDonald, Sr.
Field Hockey: DNF
Football: Mike Ward
B. Golf: Stuart Gordon
G. Golf: Stuart Gordon
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: TBA
G. Soccer: Hugo Ramirez
Softball: Jack Corasco
B. Swim: DNF
G. Swim: DNF
B. Tennis: Jane Medrano
G. Tennis: Dave Taylor
B. Track: Omar Daniels
G. Track: Omar Daniels
B. VB: Dave Taylor
G. VB: Nicole Ervin
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Juan Ramirez

DEL NORTE (Frosh & JV only)

web:
16601 Maascoat ln.
San Diego, CA 92127
Ph: 858-487-0877
Fax: 858-487-2443
North County/TBA
Poway U.S.D.
Coed/Four Years
Enrollment (9-12) = 600
Mascot: Nighthawks
Colors:

Direction:

ADMINISTRATION

Prin: Greg Mizel
gmizel@powayusd.com
Prin Sec:

AP: TBA
AD: Mike Giaime x6320
mgiaime@powayusd.com
AD Sec:
ASB:
Finance:
Cheer:
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: TBA
B. BB: TBA
G. BB: TBA
B. XC: Jake McNeely
G. XC: Jake McNeely
Field Hockey: Meghan McMurtry
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: TBA
B. Swim: TBA
G. Swim: TBA
B. Tennis: DNF
G. Tennis: DNF
B. Track: TBA
G. Track: TBA
B. VB: DNF
G. VB: Jeff Sutherland
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: TBA

EASTLAKE

web: www.suhsd.k12.ca.us/elh
1120 Eastlake Parkway
Chula Vista, CA 91915
Ph: 619-397-3800
Fax: 619-656-9736
Metro Conference/Mesa
Sweetwater U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2563
Titans
Silver/Royal Blue/Kelly Green

Direction: I-805 to L St/Telegraph
Canyon Rd E - R at Eastlake Parkway.

ADMINISTRATION

Prin: Dr. Mary Lawlor
mary.lawlor@suhsd.k12.ca.us
AP: Bob Hughes 397-3852
robert.hughes@suhsd.k12.ca.us
AD: Alex Estrada 397-3877
alex.estrada@suhsd.k12.ca.us
AD Sec: Sandy Anglin
ASB: Robert Barrett
Finance: Sandy Anglin
Cheer: Robert Blas & Ana Rogers 397-388
Band: Charles Wolf

VARSITY HEAD COACHES

Badminton: DNF
Baseball: David Gallegos
B. BB: Alex Estrada
G. BB: Janet Eleazar
B. XC: Joe Stubbs
G. XC: Joe Stubbs
Field Hockey: Robert Blas
Football: John McFadden
B. Golf: Bob Barrett
G. Golf: Charles Sorge
Gymnastics: Cody Moses
B. Lacrosse: Nestor Rosas
G. Lacrosse: DNF
Roller Hockey: Rone Torres

B. Soccer: Martin Casas
G. Soccer: Scott Burrell
Softball: Hugo Valdivia
B. Swim: Bryon Monzon
G. Swim: Bryon Monzon
B. Tennis: Antonio Ramos
G. Tennis: Antonio Ramos
B. Track: Rone Torres
G. Track: Francine Koopman
B. VB: Erwin Macalaguim
G. VB: Erwin Macalaguim
B. Water Polo: Chris Barrick
G. Water Polo: Victor Leon
Wrestling: Dean Tropp

EL CAJON VALLEY

web: www.braves@guhsd.net
1035 East Madison Avenue
El Cajon, CA 92021
Ph: 619-401-4700
Fax: 619-447-3943
Grossmont Conference/Valley
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2227
Braves
Blue/Red

Direction: I-8 to Mollison South - L at
Madison Ave (1/2 blk on right).

ADMINISTRATION

Prin: Paul Dautremont x 14711
pdautrem@guhsd.net
Prin Sec: Lori Clark x 14712
loriclarck@guhsd.net
AP: Michael Sterner x 14722
msterner@guhsd.net
AD: Randy Robinson x 14867
rrobinson@guhsd.net
AD Sec: Kellie Wise x 14725
kwise@guhsd.net
ASB: Doug Roselli
Finance: Linda Freize x14747
Cheer: Ilona Parker
Band: Corey Blaker x14895

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Mike Rupp
B. BB: Marty Ellis
G. BB: Carlos Moss
B. XC: Glen Recasner
G. XC: Glen Recasner
Field Hockey: Krystal Montalvo
Football: Danny Goodrich
B. Golf: DNF
G. Golf: DNF
Gymnastics: Jennifer Edgil
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: William Mosqueda
G. Soccer: Bruce Eldred
Softball: Mike McLaen
B. Swim: Kevin Eslinger
G. Swim: Kevin Eslinger
B. Tennis: Brent Ford
G. Tennis: Brent Ford
B. Track: Glen Racasner
G. Track: Glen Racasner
B. VB: Deborah Samson
G. VB: Deborah Samson
B. Water Polo: Keith Mulligan
G. Water Polo: Keith Mulligan
Wrestling: TBA

EL CAMINO

web: http://ech.soside.k12.ca.us
400 Rancho Del Oro Drive
Oceanside, CA 92057
Ph: 760-757-8550
Fax: 760-757-5321
AD Fax: 760-433-4954
North County Conference/Palomar
Oceanside U.S.D.
Coed/Four Years
Enrollment (9-12) = 3156
Wildcats
Brown/Gold
Direction: I-5 to 76 Expressway - turn east
on 76; south on Rancho Del Oro.

ADMINISTRATION

Prin: Dan Daris x 2430
Dan.Daris@oside.k12.ca.us
Prin Sec: Vicki Barnett x2431
AP: Bob Nelson
Robert.Nelson@oside.k12.ca.us
AD: Trace Deneke x 2450
Trace.Deneke@oside.k12.ca.us
AD Sec: Renee Fernandez x 2403
Renee.Fernandez@oside.k12.ca.us
Ath Trainer: Kristi Starr
Doug.Musgrove@oside.k12.ca.us
ASB: Jeffrey Jarrard x 2423
Finance: Susan Atkinsx2446/2423
Cheer: Cheryl Robinson
Band: Mark Lowery x 2462

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Joe Gonzales
B. BB: Ray Johnson
G. BB: James Greer
B. XC: Martin Nolasco
G. XC: Lita Espisito
Field Hockey: DNF
Football: Trace Deneke
B. Golf: Clayton Huggins
G. Golf: Mike Franklin
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Nicholas Chambers
G. Soccer: Jason Wos
Softball: Ron Mizushima
B. Swim: Scott Wagner
G. Swim: John Carter
B. Tennis: Eric Mateljan
G. Tennis: Eric Mateljan
B. Track: Sean Helgesen
G. Track: Billy Iles
B. VB: Mani Santos
G. VB: Mani Santos
B. Water Polo: Santiago Thompson
G. Water Polo: Santiago Thompson
Wrestling: Herb Cruz

EL CAPITAN

web: www.elcapitan@guhsd.net
10410 Ashwood Street
Lakeside, CA 92040
Ph: 619-938-9100
Fax: 619-390-8503
Grossmont Conference/Valley
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1864
Vaquero
Black/Gold

Direction: I-8 to 67 N - R at Mapleview -
L at Ashwood.

ADMINISTRATION

Prin: Bill Sullivan 938-9122
bsullivan@guhsd.net
Prin Sec: Marissa Vidger 938-9112
mvidger@guhsd.net
AP: Paul Hedberg 938-9122
phedberg@guhsd.net
AD: Steve Vickery 938-9190
svickery@guhsd.net
AD Sec: Suzette Hyde 938-9125
shyde@guhsd.net
ASB: Sandy Martinez 938-9187
Finance: Annie Barnes 938-9137
Cheer: Lindsay Gampel 938-9219
Band: Roger Brown 938-9273

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Steve Vickery
B. BB: Jason Cavazos
G. BB: Frank Quinones
B. XC: Anthony Garcia
G. XC: Anthony Garcia
Field Hockey: Sandy Martinez
Football: Ron Burner
B. Golf: Kent Holly
G. Golf: Kent Holly
Gymnastics: Samantha Wilkerson
B. Lacrosse: Dale Stowell
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Jared Lynch
G. Soccer: Matt Robertson
Softball: Joe C. Cota
B. Swim: Wesley Tart
G. Swim: Wesley Tart
B. Tennis: Doug Goodall
G. Tennis: Doug Goodall
B. Track: Anthony Garcia
G. Track: Anthony Garcia
B. VB: Stacy Lutack
G. VB: Stacy Lutack
B. Water Polo: Robin Sanchez
G. Water Polo: Robin Sanchez
Wrestling: Jeff Hines

ESCONDIDO

web: www.ehscougars.com
1535 North Broadway
Escondido, CA 92026
Ph: 760-291-4000
Fax: 760-291-4085
North County Conference/Avocado
Escondido U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2802
Cougars
Orange/Black

Direction: I-15 to Hwy 78 E - L at
North Broadway - 1 mile on left.

ADMINISTRATION

Prin: Rich Watkins 291-4001
rwwatkins@euhsd.k12.ca.us
Prin Sec: Denise McClain 291-4001
AP: Ken Walker 291-4025
kwalker@euhsd.k12.ca.us
AD: Steve Bridges 291-4030
sbridges@euhsd.k12.ca.us
AD Sec: Becky O'Connor 291-4030
Train: Jason Foote jfoote@euhsd.k12.ca.us
ASB: Heather Weiner x 4034
Finance: Penny Dorschel 291-4015
pdorschel@euhsd.k12.ca.us
Cheer: Mandy Sparapani/Bonnie DeThorne
Band: Mike Torres x 4066

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Steve Afenir
B. BB: Paul Baldwin x4933
G. BB: Chris Williams
B. XC: Jerid Meek x4324
G. XC: Jerid Meek x4324
Field Hockey: Kelly Ladendorf-Boden
Football: Paul Gomes x4033
B. Golf: Steve Bridges x4030
G. Golf: Tom Winter x4205
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Carlos Hernandez
G. Soccer: Hector Hernandez
Softball: Cary Weiler
B. Swim: Gary Sadnick x4063
G. Swim: Gary Sadnick x4063
B. Tennis: Rigo Cisneros
G. Tennis: Rigo Cisneros
B. Track: Randy Booser x4939
G. Track: Randy Booser x4939
B. VB: Jo Milo
G. VB: Lori Becker x4031
B. Water Polo: Gary Sadnick x4063
G. Water Polo: Gary Sadnick x4063
Wrestling: Joe Gelormini x4420

ESCONDIDO ADVENTIST ACADEMY

web: www.eaaschool.org
1301 Deodar Road
Escondido, CA 92026
Ph: 760-746-1800
Fax: 760-743-3499
Southern Conference/Citrus West
Private School
Coed/Four Years
Enrollment (9-12) = 88
Hawks
Red/White

Direction: I-15 - exit El Norte and go east -
right on Seven Oaks, right on Rock Springs,
right on Deodar Road.

ADMINISTRATION

Prin: Kris Fuentes x 225
principal@eaaschool.org
AP: N/A
AD: Doug Zimmerman x 224
ad@eaaschool.org
AD Sec: N/A
ASB: Cristy-Anna Martinez
Finance: Corinne Robinson x 256
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: Bill Davis
G. BB: Michael DeFreece
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: Flavio Velez
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: Dan Nicola
G. VB: Doug Zimmerman
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

ESCONDIDO CHARTER

web: www.echs.org
1868 East Valley Parkway
Escondido, CA 92027
Ph: 760-737-3154
Fax: 760-738-8996
Coastal Conference/Frontier
Escondido U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 845
White Tigers
Maroon/White/Black

Direction: I-15 No to Via Rancho Pkwy -
R on Bear Valley Pkwy - L at fork -
Midway to E Valley Pkwy - L to school.

ADMINISTRATION

Execu. Dir: Dennis Snyder x 119
dsnyder@echs.org
Asst. Dir: Shawn Roner x 158
sroner@echs.org
AD: Greg Brose x 148
gbrose@echs.org
AD Sec: Corie Reese x 101
creese@echs.org
ASB: Jonathan Takagi x 127
Finance: Sheila Randle x 150
Cheer: Veronica Farran x 5104
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Myron Stockton
B. BB: Gerard Tanksley
G. BB: Chris Keyser/ Jay Luce
B. XC: Katie Panek/Holly Marjanovic
G. XC: Katie Panek/Holly Marjanovic
Field Hockey: DNF
Football: Greg Brose
B. Golf: Mark Umphreyville
G. Golf: Mark Umphreyville
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Levi Santiago/Ron Page
G. Soccer: Jorge Torres/Ron Page
Softball: Jeff Boyer
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: Emily Wisden
G. Track: Emily Wisden
B. VB: DNF
G. VB: Joe Milo
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Danny Harris/John Burnes

FALLBROOK

web: www.fallbrookhs.org
2400 South Stagecoach Lane
Fallbrook, CA 92028
Ph: 760-723-6300
Fax: 760-723-6439

North County Conference/Avocado
Fallbrook U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2934
Warriors
Red/White

Direction: I-15 N to Hwy 76 W to
Mission Rd N to R at Stagecoach Lane.

ADMINISTRATION

Prin: Rod King x 3101
rking@fuhsd.net
Prin Sec: Gina McInrney x 3102
AP: John Hayek x 3111
jhayek@fuhsd.net
AD: Patrick Walker x 3601
pwalker@fuhsd.net
AD Sec: Shar Larsen x 3610
slarsen@fuhsd.net
Ath Trainer: Lacy Troth
ltroth@fuhsd.net
ASB: Josh Way x 3501
Finance: Norma Trujillo x 3502
Cheer: Megan Estrada
Band: Amy Thomas x 2301

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Jesse Schuveiller
B. BB: Jeff Brandow
G. BB: Roger Moses
B. XC: Marco Arias
G. XC: Troy Hamlin
Field Hockey: Kathy Waite
Football: Jay Silvey
B. Golf: Steve Jorde
G. Golf: Neil Medlock
Gymnastics: Heather Hawthorne
B. Lacrosse: Al Schoffstall
G. Lacrosse: Tadrana Lopez
Roller Hockey: DNF

B. Soccer: Omar Benjoud
G. Soccer: Omar Benjoud
Softball: Shannon Koran
B. Swim: Bill Richardson
G. Swim: Sean Readmond
B. Tennis: Bill Lenaway
G. Tennis: Dave Ramirez
B. Track: Marco Arias
G. Track: Troy Hamlin
B. VB: Ryan Morgan
G. VB: Peter Peng
B. Water Polo: Bob Lamont
G. Water Polo: Bob Lamont
Wrestling: Greg Wagaman

FOOTHILLS CHRISTIAN

web: www.foothillschristianschool.com
2321 Dryden Road
El Cajon, CA 92020
Ph: 619-303-8035
Fax: 619-741-2648
Southern Conference
Private School
Coed/Four Years
Enrollment (9-12) = 211
Knights
Purple/Silver

Directions: All sports are conducted
offsites

ADMINISTRATION

Interim Prin: Tom Edelen
tom.edelen@foothillschristianschool.com
Prin Sec: Paula Naffziger
paula.naffziger@foothillschristianschool.com
AP: None
AD: Wayne Clark 889-7628
wayne.clark@foothillschristianschool.com
AD Sec: Robin Bridgeforth
robin.bridgeforth@foothillschristianschool.com
ASB: Julie Alquist
Finance: Paula Naffziger
Cheer: Nancy Foley
Band: DNF

VARSITY HEAD COACHES

Badminton: DNF
Baseball: James McHugh
B. BB: Brad Leaf
G. BB: Tom Edelen
B. XC: Thomas Snooks
G. XC: Thomas Snooks
Field Hockey: DNF
Football: Steve Perdue
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: Bill Nigh
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: TBA
G. Soccer: Tim Wourms
Softball: Thomas Snooks
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: Thomas Snooks
G. Track: Thomas Snooks
B. VB: DNF
G. VB: Dan Santos
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

FRANCIS PARKER

web: www.francisparker.org
6501 Linda Vista Road
San Diego, CA 92111
Ph: 858-569-7900
Fax: 858-569-0942
AD Fax: 858-569-0942
Coastal Conference/South
Private School
Coed/Four Years
Enrollment (9-12) = 498
Lancers
Brown/Gold/White
Dir: I-8 to Morena Blvd N - R @ Linda
Vista Rd or I-805 to 163 S to Friars Rd W.
R on Via Las Cumbres-R Linda Vista Rd.

ADMINISTRATION

Prin: Patrick Mitchell x 4120
pmitchell@francisparker.org
Prin Sec: Diane Bergel x 4117
AP: Marc Thiebach x 4140
AD: Dan Kuiper x 4147
dkuiper@francisparker.org
AD Sec: Jean Rose x 4124
jrose@francisparker.org
Athletic Trainer: Jarrad Phillips
jphillips@francisparker.org
ASB: Marc Thiebach x 4140
Finance: Jean Rose x 4124
Cheer: Jan Rogers x 4107
Band: Michael Gonzales x 4150

VARSITY HEAD COACHES

Badminton: DNF
Baseball: David Glassey
B. BB: Jim Tomey
G. BB: Dale Parker
B. XC: Matt Schellenberg
G. XC: Matt Schellenberg
Field Hockey: DNF
Football: John Morrison
B. Golf: Stacey Zoyiopoulos
G. Golf: Stacey Zoyiopoulos
Gymnastics: DNF
B. Lacrosse: David Herman
G. Lacrosse: TBA
Roller Hockey: DNF

B. Soccer: Seth Tunick
G. Soccer: Marc Thiebach
Softball: Jim Tomey
B. Swim: DNF
G. Swim: DNF
B. Tennis: Tom O'Brien
G. Tennis: Eric Mann
B. Track: Matt Schellenberg
G. Track: Matt Schellenberg
B. VB: John Herman
G. VB: Eric Sato
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

GOMPERS PREPARATORY ACADEMY

web: www.gomperscharter.org
1005 47th Street
San Diego, CA 92102
Ph: 619-263-2171
Fax: 619-264-4342
Frontier League
San Diego U.S.D.
Enrollment = 270
Eagles
Blue/Green

Directions: TBA

ADMINISTRATION

Prin: Vince Riveroll
vriverroll@gomperscharter.org
Prin Sec: Paz Ramirez-Garcia
pramirez@gomperscharter.org
AP: N/A
AD: True Groff 405-3638
tgroff@gomperscharter.org
AD Sec: N/A
ASB:
Finance:
Cheer:
Band:

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Jason Lewis
B. BB: Jason Lewis
G. BB: Kevin Beeman
B. XC: Kevin Beeman
G. XC: Kevin Beeman
Field Hockey: DNF
Football: TBA
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Carlos Acosta
G. Soccer: TBA
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: TBA
G. Tennis: TBA
B. Track: Tom Haakma
G. Track: Tom Haakma
B. VB: TBA
G. VB: Cristy Halling
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

GRANITE HILLS

web: www.guhsd.net/granitehills/ghhs/
1719 East Madison Avenue
El Cajon, CA 92019
Ph: 619-593-5500
Fax: 619-588-9389
Grossmont Conference/Hills
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2727
Eagles/Ernie
Columbia Blue/Navy Blue

Direction: I-8 to 2nd St South (in El
Cajon) - L on Madison Ave.

ADMINISTRATION

Prin: Georgette Torres 593-5511
gtorres@guhsd.net
B-AP: Mike Fowler 593-5520
mfowler@guhsd.net
G-AP: Dave Watkins 593-5522
dwatkins@guhsd.net
AD: James Davis
jdavis@guhsd.net
AD Sec: Cherrie Launder 593-5524
clauder@guhsd.net
ASB: Bob Wakefield 593-5586
Finance: Jill Harrison 593-5537
Cheer: Rachel Valenzuela 593-3673
Band: Sean McMeeken 593-5629

VARSITY HEAD COACHES

Badminton: DNF
Baseball: James Davis
B. BB: Randy Anderson
G. BB: Jerry Parker
B. XC: Dave Yarbrough
G. XC: Dave Yarbrough
Field Hockey: Amber Studer
Football: Randy Dewitt
B. Golf: TBA
G. Golf: Erik Dann
Gymnastics: Jennipher Edgill
B. Lacrosse: Jeff McDade
G. Lacrosse: Juliette Evans
Roller Hockey: DNF

B. Soccer: Jason Heath
G. Soccer: Elio Bello
Softball: Erin Coyne
B. Swim: Rhett Gaier
G. Swim: Cathy Elgas
B. Tennis: TBA
G. Tennis: Patty Tibbitts
B. Track: Erik Dann
G. Track: Dave Yarbrough
B. VB: Tim Stepp
G. VB: Dan Santos
B. Water Polo: Rhett Gaier
G. Water Polo: Danny Root
Wrest: Bart Hartley/Jeremiah Larson

GROSSMONT

web: www.guhsd.net/grossmont
1100 Murray Drive, El Cajon 92020
Mail: P.O. Box 1043, La Mesa 91944-1043
Ph: 619-688-6000
Fax: 619-463-7108
Grossmont Conference/Hills
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2454
Foothiller
Royal Blue/Gold

Direction: I-8 to Severin North in La Mesa
Go north; right on Murray Drive.

ADMINISTRATION

Prin: Theresa Kemper 688-6012
tkemper@guhsd.net
AP: Jeff Meredith 688-6021
jmeredith@guhsd.net
AD: Frank Foggiano 688-6144
ffoggiano@guhsd.net
AD Sec: Cindy Proctor 688-6024
cproctor@guhsd.net
ASB: Jeremy Hersch
Fin: Roxanne Waastad 688-6037
rwaastad@guhsd.net
Cheer: Elizabeth Chmiel 688-6129
Band: Mitchell Way 688-6181

VARSITY HEAD COACHES

Badminton: DNF
Baseball: James Earley
B. BB: Frank Foggiano
G. BB: Megan Long
B. XC: Bill Stellin
G. XC: Ross Bartell
Field Hockey: DNF
Football: Ron Murphy
B. Golf: Pat Giovengo
G. Golf: John Neill
Gymnastics: Christina Alley
B. Lacrosse: J.J. Miramontes
G. Lacrosse: John Neill
Roller Hockey: DNF

B. Soccer: Gabe Fleming
G. Soccer: John Neill
Softball: Jerry Lerud
B. Swim: Doug Selby
G. Swim: Doug Selby
B. Tennis: Nathan Welden
G. Tennis: Hillary Park
B. Track: Haneef Petman
G. Track: Gabby Cartwright
B. VB: Sara Whitehouse
G. VB: Armando Fry
B. Water Polo: Clint McLaughlin
G. Water Polo: Kirsten Frazer
Wrestling: Todd Bell

GUAJOME PARK ACADEMY

web: www.guajome.net
2000 North Santa Fe Avenue
Vista, CA 92083
Ph: 760-631-8500
Fax: 760-631-8503
Southern Conference/Citrus West
Vista U.S.D.
Coed/Four Years
Enrollment (9-12) = 843
Frogs
Teal/Black

Direction: Hwy 78 east or west to north
on Vista Village. Left on N Santa Fe.
1/4 mile from Vista HS.

ADMINISTRATION

Prin: Bob Hampton x1010
hamptonb@guajome.net
Prin Sec: Dawn Voss x 1222
vossda@guajome.net
AP: Dr. Ben Paull x1055
paullbe@guajome.net
AD: Chris Findell x 1222
findellch@guajome.net
AD Sec: Dawn Voss (see above)
ASB: Craig Costello
Finance: Cathy Murphy x1208
murphyca@guajome.net
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Mike Soda
B. BB: Luis Llamas
G. BB: Robin Anderson
B. XC: Pat Duffy
G. XC: Pat Duffy
Field Hockey: DNF
Football: DNF
B. Golf: Luis Llamas
G. Golf: Luis Llamas
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Brian Beld
G. Soccer: Lindsey Hellman
Softball: Sheryl Yeager
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: Pat Duffy
G. Track: Pat Duffy
B. VB: DNF
G. VB: Luis Llamas
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Chris Findell

HELIX CHARTER

web: www.helixcharter.net
7323 University Avenue
La Mesa, CA 91941
Ph: 619-644-1940
Fax: 619-462-9266
Grossmont Conference/Hills
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2248
Highlanders/Scottie Dog
Green/Gray/Black

Direction: I-8 to 70th St. South - L at
University Ave - R at Lowell.

ADMINISTRATION

Prin: Doug Smith x 112
dsmith@helixcharter.net
AP: Josh Stepner
jstepne@helixcharter.net
AD: Damon Chase x 524
dchase@helixcharter.net
AD Sec: N/A
Athletic Trainer: Kathryn Shustek
kshuste@helixcharter.net
ASB: Jeff Wenham x 243
Finance: Angel Siscon x 455
Cheer: Beth Leighton x 390
Band: Kathleen Hansen

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Cole Holland
B. BB: John Singer
G. BB: Trina Hanson
B. XC: Bob Baird
G. XC: Bob Baird
Field Hockey: Cheryl Tyler
Football: Troy Starr
B. Golf: Frank Theroux
G. Golf: Frank Theroux
Gymnastics: DNF
B. Lacrosse: Chris Ticconi
G. Lacrosse: Audrey Wallace
Roller Hockey: DNF

B. Soccer: Jeff Kepper
G. Soccer: Leslie Gray
Softball: Kellie Bryan
B. Swim: Joel Hull
G. Swim: Lenelle Wylie
B. Tennis: Jay Diaz
G. Tennis: Jay Diaz
B. Track: Terry Hinds
G. Track: Sara Allsup
B. VB: Dave Mattas
G. VB: Linda Brown
B. Water Polo: Joe Hull
G. Water Polo: Lenelle Wylie
Wrestling: Kenneth Jenkins

HIGH TECH HIGH (CHULA VISTA)

web: www.hightechhigh.org
1945 Discovery Falls Drive
Chula Vista, CA 91915
Ph: 619-591-2500
Fax: 619-591-2503
Charter School
Frontier League
Coed/Four Years
Enrollment (9-12) = 294
Bruins
Blue/Gold

Direction: TBA

ADMINISTRATION

Prin: Colleen Green
cgreen@hightechhigh.org
Dean: Ray Trinidad 591-2506
rtrinidad@hightechhigh.org
AD: Cory Tatz 398-8653
ctatz@hightechhigh.org
AD Sec: N/A
ASB: N/A
Finance: N/A
Cheer: N/A
Band: N/A

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Alan Botterman
B. BB: Chris Shilling
G. BB: TBA
B. XC: Danny Huante
G. XC: Danny Huante
Field Hockey: DNF
Football: DNF
B. Golf: TBA
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Rafael Palacios
G. Soccer: Hugo Martinez
Softball: TBA
B. Swim: TBA
G. Swim: TBA
B. Tennis: DNF
G. Tennis: TBA
B. Track: Jubilee Olivas
G. Track: Jubilee Olivas
B. VB: TBA
G. VB: Maricela Mendez
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

HIGH TECH HIGH (SAN DIEGO)

web: www.hightechhigh.org
2861 Womble Road
San Diego, CA 92106-6025
Ph: 619-243-5000
Fax: 619-243-5050
Charter School
Frontier League
Coed/Four Years
Enrollment (9-12) = 1350
Storm - Carolina Blue/Gold

Direction: I-8 or I-5 to Rosecrans - past
Lytton to light at Gate 3 of NTC/Liberty
Stateon development-follow signs to HTH.

ADMINISTRATION

Prin: Brett Peterson
bpeterson@hightechhigh.org
AP: N/A
AD: Cory Tatz 619-518-5045
ctatz@hightechhigh.org
AD Sec: N/A
ASB: TBA
Finance: N/A
Cheer: Shalee Davis 243-5017
Band: N/A

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Cory Tatz
B. BB: Carlos Hill
G. BB: Rachel Ching
B. XC: Mike Strong
G. XC: Sarah Strong
Field Hockey: DNF
Football: DNF
B. Golf: TBA
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Adan Sanchez
G. Soccer: Harold Levene
Softball: Akio Oka
B. Swim: Chris Olivas
G. Swim: Erika Dadsetan
B. Tennis: TBA
G. Tennis: Mike Nguyen
B. Track: TBA
G. Track: TBA
B. VB: DNF
G. VB: Law Ortiguerra
B. Water Polo: Marc Favila
G. Water Polo: DNF
Wrestling: DNF

HILLTOP

web: www.hilltoplancers.org
555 Claire Avenue
Chula Vista, CA 91910
Ph: 619-476-4200
Fax: 619-425-3284
Metro Conference/Mesa
Sweetwater U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2533
Lancers
Green/White/Black

Direction: I-805 to H St West or I-5 to
H St East - S on Hilltop Dr - L at Whitney.

ADMINISTRATION

Prin: Ernie Zamudio
ernesto.zamudio@suhsd.k12.ca.us
Prin Sec: Kathy Wilkerson
AP: Dan Kracha 476-4252
daniel.kracha@suhsd.k12.ca.us
AD: Nancy Acerrio 476-4290
fax: 476-4390
nancy.acerrio@suhsd.k12.ca.us
AD Sec: N/A
ASB: Dan Kracha
Finance: Bernadette Judal 476-4251
bernadette.judal@suhsd.k12.ca.us
Cheer: Maria Ruggari
Band: Jeff Jenkins

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Kurt Gritts
B. BB: Chuck Vallerio
G. BB: Ray Jindra
B. XC: Mark Hedderson
G. XC: Mark Hedderson
Field Hockey: Lynn Garcia
Football: Mark Flint
B. Golf: Chuck Vallerio
G. Golf: Kurt Gritts
Gymnastics: TBA
B. Lacrosse: Pete Bishop
G. Lacrosse: TBA
Roller Hockey: Dan Vacarro

B. Soccer: John Salts
G. Soccer: Rene Ortiz
Softball: Nancy Acerrio
B. Swim: John Salts
G. Swim: John Salts
B. Tennis: Chris Gentry
G. Tennis: Chris Gentry
B. Track: Mark Hedderson
G. Track: Mark Hedderson
B. VB: John Gascon
G. VB: Kristie Spalding
B. Water Polo: John Salts
G. Water Polo: TBA
Wrestling: Thomas Juarez

HOLTVILLE

web: www.holtville.k12.ca.us
755 Olive Avenue
Holtville, CA 92250
Ph: 760-356-2926
Fax: 760-356-1206
Southeastern Conference
Holtville U.S.D.
Coed/Four Years
Enrollment (9-12) = 557
Vikings
Kelly Green/Gold

Direction: I-8 East (120 miles) - N on
Orchard Rd (becomes Cedar)- L on 7th
School on R side.

ADMINISTRATION

Prin: Jackie Hester
jackie@holtville.k12.ca.us
AP: Darrell Pechtli x 108
AD: Steve Cato
scato@holtville.k12.ca.us
AD Sec: Chrys Diez x 100
queenb@holtville.k12.ca.us
ASB: Ed Queen x 100
Finance: Chrys Diez x 100
Cheer: Josie Silva
Band: Donald Thissen

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Mike Angulo
B. BB: John Reschert
G. BB: Veronica Estrada
B. XC: Gerardo Lara
G. XC: Gerardo Lara
Field Hockey: DNF
Football: Keith Smith
B. Golf: John Reschert
G. Golf: Bob Candland
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Juan Arroyo
G. Soccer: Martha Arroyo
Softball: Kevin Kerns
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: Sandra Duran
B. Track: Chad Vanacker
G. Track: Chad Vanacker
B. VB: DNF
G. VB: Lindsay Cato
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: C.J. Johnston

HOOVER

web: www.hoovercardinals.org
4474 El Cajon Blvd.
San Diego, CA 92115
Ph: 619-283-6281
Fax: 619-280-5837
City Conference/Central
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 2094
Cardinals
Red/White/Black

Direction: I-15 North or South, Exit El Cajon Blvd. East

ADMINISTRATION

Charles Podhorsky x2104
cpodhorsky@sandi.net
Prin Sec: Deby Cowan x 2104
dcowan@sandi.net
AP: Andy Trakas x 2172
AD: Ron Lardizabal x 2162
rlardizabal@sandi.net
AD Sec: Vince Guarnotta x 2162
Ath. Trainer: Christina Saffran
csaffran@sandi.net
ASB: Dan Camacho x 2130
Finance: Herman Acosta x 237
Cheer: Melissa Hartly x 2257
Band: Debbie Nevin x 2127

VARSIITY HEAD COACHES

Badminton: Vu Nguyen
Baseball: Ron Lardizabal
B. BB: Ollie Goulston
G. BB: Archie Robinson
B. XC: Mark Hoskisson
G. XC: Mark Hoskisson
Field Hockey: DNF
Football: Mike Wright
B. Golf: Terry Johnes
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Papo Santos
G. Soccer: Melissa Golembeck
Softball: Dion Moore
B. Swim: Sirthya Carranza
G. Swim: Sirthya Carranza
B. Tennis: John Rivino
G. Tennis: John Rivino
B. Track: Jeff Bonine
G. Track: Stewart Payne
B. VB: DNF
G. VB: Vince Guarnotta
B. Water Polo: Sirthya Carranza
G. Water Polo: DNF
Wrestling: Mark Hoskisson

HORIZON CHRISTIAN ACADEMY

web: www.horizonsd.org
5331 Mt. Alifan Drive
San Diego, CA 92111
Ph: 858-244-0333
Fax: 858-654-3054
Coastal Conference/South
Private School
Coed/Four Years
Enrollment (9-12) = 316
Panthers
Navy Blue/White/Cardinal

Direction: I-805 North to Balboa - West on Balboa to Genesee - left on Genesee - Right at Mt. Alifan Drive.

ADMINISTRATION

Prin: Chapin Marsh
cmash@horizonsd.org
Prin Sec: Sharon Predika x 1273
AP: Chris Johnson x 1217
cjohnson@horizonsd.org
AD: Aaron McIntosh
amcintosh@horizonsd.org
AD Sec: Kathy Yamall x 1302
kyamall@horizonsd.org
Ath. Trainer: David Smith
ASB: Jason Steffen x 1258
Finance: Debbie Lawler x 1282
Cheer: Danielle McIntosh
Band: TBA

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Clarence Black
B. BB: Tyrone Hopkins
G. BB: Vickie Carrington
B. XC: Lawrence Achacoso
G. XC: Lawrence Achacoso
Field Hockey: DNF
Football: Chris Johnson
B. Golf: Gene Reed
G. Golf: Gene Reed
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Aaron Macintosh
G. Soccer: Matt Chapman
Softball: Tom Giamanco
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: TBA
G. Track: TBA
B. VB: DNF
G. VB: TBA
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

IMPERIAL

web: N/A
517 West Barioni Blvd.
Imperial, CA 92251
Ph: 760-355-3220
Fax: 760-355-0869
Southeastern Conference
Imperial U.S.D.
Coed/Four Years
Enrollment (912) = 913
Tigers
Red/White

Direction: I-8 to Imperial Ave exit (also Hwy 86 in Imperial) - N to Barioni Blvd - L to school.

ADMINISTRATION

Prin: Lisa Tabarez x 2199
lisat@ivnet.org
Prin Sec: Martha Tabarez x 2195
ihsoff@ivnet.org
AP: Aimee Queen x8004
B. AD: Victor Cruz x 2194
vcruz@ivnet.org
AD Sec: Noni Lopez x 2194
ASB: David Nemteanu
Finance: Noni Lopez x 8007
Cheer: Pam Beal 554-5869
Band: Brook Kofford x 3226

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Richard Diaz
B. BB: David Milan
G. BB: Rich Ponchione
B. XC: Chris Fowlkes
G. XC: Chris Fowlkes
Field Hockey: DNF
Football: Steve Cato
B. Golf: Chris Wardrup
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Felipe Ismero
G. Soccer: TBA
Softball: Kim Witte
B. Swim: Jennifer Townsel
G. Swim: Jennifer Townsel
B. Tennis: DNF
G. Tennis: DNF
B. Track: Wolfgang Horner
G. Track: Wolfgang Horner
B. VB: DNF
G. VB: Jennifer Fowlkes
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Terso Lara

JULIAN

http://www.juhdsd.org
1656 Highway 78, Julian
Mail: P.O. Box 417
Julian, CA 92036
Ph: 760-765-0606 x 100
Fax: 760-765-2926
Southern Conference
Julian U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 177
Eagles
Maroon/White
Direction: I-8 to 67 N (becomes Hwy 78 in Ramona) R at Main St in Julian - L into school.

ADMINISTRATION

Prin: Cara Kern x129
ckern@sdcoe.net
Prin Sec: Sherry La Chusa x100
slachusa@sdcoe.net
AP: None
AD: Tim White 760-765-0606 x 201
twhite@sdcoe.net
AD Sec: Yvonne Fleet x 127
AD Sec. Email: yelliott@sdcoe.net
ASB: Garnette Welch x 215
Finance: Martha Masch x 208
farmgirl@sdcoe.net
Cheer: Robin Boland
Band: Garnette Welch x208

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Erik Pederson
B. BB: TBA
G. BB: Mark Aumann/Craig Peirson
B. XC: Rich Wolf
G. XC: Rich Wolf
Field Hockey: DNF
Football: Tim White
B. Golf: TBA
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: TBA
G. Soccer: Javier Cordova
Softball: Craig Peirson
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: TBA
G. Track: TBA
B. VB: DNF
G. VB: TBA
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

KEARNY HIGH EDUCATIONAL COMPLEX

web: http://kearnykomets.sandi.net
7651 Wellington Street
San Diego, CA 92111
Ph: 858-496-8370
Fax: 858-627-7503
City Conference/Eastern
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 1927
Komets
Maroon/White

Direction: I-805 to Mesa College Dr W - L on Linda Vista Rd - park R or I-163 to Genesee W - R Linda Vista Rd - park L. los Coaches - R at 3rd traffic signal to sch.

ADMINISTRATION

Prin: Cheryl Hibbeln X 2901
chibbein@sandi.net
AP: None
AD: Patty Peisner
ppeisner@sandi.net
AD Sec: Debbie Suggs x 2940
ASB: Mike Paredes x 4906
Finance: Leonor Alatorre x 2027
Cheer: Michael Harris
Band: Carissa Mattison x 6149

VARSIITY HEAD COACHES

Badminton: Kevin Quach
Baseball: Brock Ungrieth
B. BB: Carl Bronson
G. BB: Thom Oxendine
B. XC: Bill Aaron
G. XC: Bill Aaron
Field Hockey: DNF
Football: Eric Stavola
B. Golf: Gary McMinn
G. Golf: TBA
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF
Roller Hockey: DNF

B. Soccer: Ken Curl
G. Soccer: Cristina Aguirre
Softball: Aryn Hamilton
B. Swim: Tim Mitchell
G. Swim: Annie Flynn
B. Tennis: Jacob Gonzalez
G. Tennis: Patty Peisner
B. Track: Matt Deford/Bill Aaron
G. Track: Matt Deford/Bill Aaron
B. VB: Khang Mai
G. VB: Khang Mai
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Donald Samuels
Wrestling: Dan Samuels/Jonathon Sachs

KUYPER PREPARATORY SCHOOL

web: TBA
2400 Euclid Avenue
National City, CA 91950
Ph: 619-267-5560
Fax: 619-434-5692
Frontier League
Private School
Coed/Four Years
Enrollment (9-12) = 40
Mascot: TBA
Colors: TBA

Direction: TBA

ADMINISTRATION

Prin: Donald Hamer
info@kuyperprep.org
Prin Sec: TBA
Email: TBA
AP: TBA
Email: TBA
AD: Jerry Webb 760-420-0789
jerrydwebb@gmail.com
AD Sec: TBA
Trainer: TBA
ASB: TBA
Finance: TBA
Cheer: TBA
Band: TBA

VARSITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: TBA
G. BB: TBA
B. XC: TBA
G. XC: TBA
Field Hockey: DNF
Football: DNF
B. Golf: TBA
G. Golf: TBA
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: TBA
G. VB: TBA
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

LA COSTA CANYON

web: www.lcchs.com
1 Maverick Way
Carlsbad, CA 92009
Ph: 760-436-6136
Fax: 760-943-3539
North County Conference/Avocado
San Dieguito UHSD
Coed/Four Years
Enrollment (9-12) = 2541
Mavericks
Green/Vegas Gold/Navy
Direction: I-5 to La Costa Ave E - R on Rancho Santa Fe Rd - L on Camino de los Coaches - R at 3rd traffic signal to school.

ADMINISTRATION

Prin: Craig Lewis x6000
craig.lewis@sduhsd.net
Prin Sec: Sara Smith x6001
sara.smith@sduhsd.net
AP: Marc Trocchio x6030
marc.trocchio@sduhsd.net
AD: John Labeta x6007
john.labeta@sduhsd.net
AD Sec: Nancy Wease x6002
Trainer: Catherine Bates
ASB: Heather Warren x6164
Finance: Suezan Gardener x6144
Cheer: Savannah Heckel x6432
Band: Carissa Mattison x6149

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Justin Machado
B. BB: David Cassaw
G. BB: John Labeta
B. XC: Bill Vice
G. XC: Bill Vice
Field Hockey: TBA
Football: Darrin Brown
B. Golf: Steve Armstrong
G. Golf: Steve Armstrong
Gym: Jessica Garrett/Lindsey Newman
B. Lacrosse: Dallas Hartley
G. Lacrosse: Katie Dolan
Roller Hockey: DNF

B. Soccer: David Cohen
G. Soccer: Mike Marvil
Softball: Mike Hill
B. Swim: TBA
G. Swim: TBA
B. Tennis: Marc Sandknop
G. Tennis: Marc Sandknop
B. Track: Joe Cohen
G. Track: Joe Cohen
B. VB: Mark Brubaker
G. VB: Pat McDougall
B. Water Polo: Craig Criesemer
G. Water Polo: Joe Cohen
Wrestling: Dwayne Buth

LA JOLLA

web: lajollahigh.org
750 Nautilus Street
La Jolla, CA 92037
Ph: 858-454-3081
Fax: 858-459-2188
City Conference/Western
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 1641
Vikings
Scarlet/Black
Direction: I-5 N to La Jolla Pkwy (turns into Torrey Pines Rd) - L at Girard - R at Pearl - L at Fay - R at Nautilus. I-5 S to LJ Village Dr. west to Torrey Pines(same)

ADMINISTRATION

Prin: Dana Shelburne x 2200
dshelburne@sandi.net
Prin Sec: Lynn Dull x2200
cdull@sandi.net
AP: Beverly Greco x2207
bgreco@sandi.net
AD: Bob Allen x 2217
ralen@sandi.net
AD Sec: N/A
ASB: Kerry Dill/Joie Caviola x 4304/4305
Finance: Duilio Robinson
frobinson@sandi.net
Cheer: Georgina Lyon x 4505
Band: Kirk Johnson x 2215

VARSITY HEAD COACHES

Badminton: Jerry Tellers
Baseball: Gary Frank
B. BB: Kamal Assaf
G. BB: Ty Eveleth
B. XC: Robert McCarthy
G. XC: Roger Karnopp
Field Hockey: Paula Conway
Football: Rey Hernandez
B. Golf: Roger Kifer
G. Golf: Alan Merryman
Gymnastics: DNF
B. Lacrosse: Matt Rosenberg
G. Lacrosse: Jenn Tapscott
Roller Hockey: TBA

B. Soccer: Dan Berthume
G. Soccer: Kristin Jones
Softball: Ken Davis
B. Swim: Tom Atwell
G. Swim: Tom Atwell
B. Tennis: Thomas Andrews
G. Tennis: Maggie Mulkins
B. Track: Anthony Pollard
G. Track: Roger Karnopp
B. VB: David Jones
G. VB: David Jones
B. Water Polo: Tom Atwell
G. Water Polo: Dante Laghetto
Wrestling: Ryan Lindenblatt

LA JOLLA COUNTRY DAY

web: www.ljcds.org
9490 Genesee Avenue
La Jolla, CA 92037
Ph: 858-453-3440
Fax: 858-453-8210
AD Fax: 858-453-3099
Coastal Conference/South
Private School
Coed/Four Years
Enrollment (9-12) = 417
Torreys - Royal Blue/Grey/White/Black
Direction: I-805 to La Jolla Village Dr West Right at Genesee Ave (buses L to Eastgate) or I-5 to Genesee Ave East (buses R to Eastgate). Unload students in bus load area.

ADMINISTRATION

Head of School: Chris Schuck x240
cschuck@ljcds.org
Dir Upper Sch: Rod Jamison x 128
AD: Jeff Hutzler x 129
jhutzler@ljcds.org
AD Sec: Kathy Dinwiddie x 130
kdinwiddie@ljcds.org
Ath Trainer: David Floyd
dfloyd@ljcds.org
ASB: Peggy Procter x 125
Finance: Lori Lindmark x 123
Cheer: Megan Eacret
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: John Edman x 175
B. BB: Ryan Meier x 205
G. BB: Terri Bamford x233
B. XC: Scott Sanders x248
G. XC: Scott Sanders x248
Field Hockey: DNF
Football: Jeff Hutzler x 129
B. Golf: Bill Cahoon x 135
G. Golf: Bill Cahoon x 135
Gymnastics: DNF
B. LX: TBA
G. LX: Dave Jenkins x 221
Roller Hockey: David Brink

B. Soc: Jerry Fleischhacker x299
G. Soccer: David Jenkins x 221
Softball: Corinne Brunn x275
B. Swim: Nate Heppner x227
G. Swim: Nate Heppner x227
B. Tennis: Joslynn Burkett
G. Tennis: Joslynn Burkett
B. Track: Kevin Reaume x 244
G. Track: Kevin Reaume x 244
B. VB: DNF
G. VB: Peter Ogle x 272
B. Water Polo: Steve Traverso
G. Water Polo: Steve Traverso
Wrestling: DNF

LIBERTY CHARTER

web: www.lfcsinc.org
1012 East Bradley Avenue
El Cajon, CA 92021
Ph: 619-596-8508
Fax: 619-596-8511
Frontier League
Public Charter
Coed/Four Years
Enrollment (9-12) = 125
Lions
Blue/Gold

Direction: TBA

ADMINISTRATION

Prin: Debbie Beyer 619-579-7232
debbie.beyer@lfcsinc.org
AP: Steve Robinson 619-316-5839
steve.robinson@lfcsinc.org
AD: Steve Robinson 619-596-8508
steve.robinson@lfcsinc.org
AD Sec: Tamara Contasti
tamara.contasti@lfcsinc.org
Ath Trainer: N/A
ASB: Steve Robinson
Finance: N/A
Cheer: Heather Beyer 619-596-5665
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: Gene Salas
G. BB: TBA
B. XC: Danny Sanchez
G. XC: Danny Sanchez
Field Hockey: DNF
Football: DNF
B. Golf: TBA
G. Golf: TBA
Gymnastics: DNF
B. LX: DNF
G. LX: DNF
Roller Hockey: DNF

B. Soc: TBA
G. Soccer: TBA
Softball: DNF
B. Swim: TBA
G. Swim: TBA
B. Tennis: TBA
G. Tennis: TBA
B. Track: DNF
G. Track: DNF
B. VB: TBA
G. VB: Robert Johnston
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: TBA

LINCOLN

web: www.lincolnhighsd.net/hornets/
4777 Imperial Avenue
San Diego, CA 92113
Ph: 619-266-6500
Fax: 619-266-6505
City/Central
San Diego USD
Coed/Four Years
Enrollment (9-12) = 2378
Hornet
Green/White

Direction: 805 south - exit E HWY 94 - N
Euclid Ave - R on 54th St - R on College
Grove Dr - R on 55th St

ADMINISTRATION

Prin: Mel Collins x3001
mcollins5@sandi.net
Prin Sec: Martha Corrales x3010
mcorrales1@sandi.net
AP: None
AD: Ron Hamamoto x1547
rhamamoto@sandi.net
AD Sec: Martha Corrales x3010
mcorrales1@sandi.net
ASB: Daniel Camacho
Finance: Michel Renaud x2127
mrenaud@sandi.net
Cheer: Felicia Singleton-Daniel
Band: Debbie Nevin

VARSITY HEAD COACHES

Badminton: Patty Beall
Baseball: Dan Timothy
B. BB: Jason Bryant
G. BB: Glenn Lee
B. XC: Adam Henderson
G. XC: Adam Henderson
Field Hockey: DNF
Football: Ron Hamamoto
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. LX: Jonathan Adlam
G. LX: Jonathan Adlam
Roller Hockey: DNF

B. Soc: Jose Rodriguez
G. Soccer: Elizabeth Munoz
Softball: Sharon Mitchell
B. Swim: DNF
G. Swim: DNF
B. Tennis: Mike Desjardins
G. Tennis: Carl Davis
B. Track: Kiper Bell
G. Track: Adam Henderson
B. VB: Thomas Thom
G. VB: Vivian Blanco
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Francois Portee

LUTHERAN HIGH OF SAN DIEGO (NOTE: All games played at other sites.)

web: www.lutheranhighsandiego.org
810 Buena Vista Way
Chula Vista, CA 91910
Ph: 619-262-4444
Fax: 619-262-6297
Southern Conference
Private School
Coed/Four Years
Enrollment 9-12) = 92
Knights
Black/Gold

Direction: I-805 south to H St. - East on
H St. to left on Buena Vista Way.

ADMINISTRATION

Prin: Scott Dufresne
scott.dufresne@lhssd.org
Prin Sec: Sheryl Sjoborn x 13
AP: N/A
AD: Don Heien x 14
don.heien@lhssd.org
AD Sec: Debbie Heien x 12
ASB: Anna Beyer x 22
Finance: Debby Heien x 12
Cheer: N/A
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Don Heien
B. BB: Michael Heidtbrink
G. BB: Brian Buckalew
B. XC: Jamie Howard
G. XC: Jamie Howard
Field Hockey: DNF
Football: Matt Lodin
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: Neil Meyer
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Neil Meyer
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

MADISON

web: www.madison.sandi.net
4833 Doliva Drive
San Diego, CA 92117
Ph: 858-496-8410
Fax: 858-496-8421
City Conference/Central
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 1219
Warhawks
Navy/Silver/White

Direction: I-805 to Clairemont Mesa Blvd
West - Left at Doliva Dr.

ADMINISTRATION

Prin: Carol Whaley x 2214
cwhaley@sandi.net
Prin Sec: Andrea Lopez x 2214
alopez3@sandi.net
AP: Richard Nash x 2221
rnash@sandi.net
AD: Rick Jackson x 4001
rjackson2@sandi.net
AD Sec: N/A
ASB: Will Hawthorn, Lori Franks
Finance: Vernon Lowe x 2213
vlowe@sandi.net
Cheer: Megan Richards x 4316
Band: Jennifer Brown x 4901

VARSITY HEAD COACHES

Badminton: Mike Stutz
Baseball: Robert Lovato
B. BB: Mike Stutz
G. BB: Lowe Leasau
B. XC: Bob Bishop
G. XC: Bob Bishop
Field Hockey: Erica Strauss
Football: Rick Jackson
B. Golf: Mike Norton
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Will Hawthorne
G. Soccer: Lori Franks
Softball: Tay Sneddon
B. Swim: DNF
G. Swim: DNF
B. Tennis: Robert Lynch
G. Tennis: Robert Lynch
B. Track: Rick Jackson
G. Track: Rick Jackson
B. VB: Heather Janiak
G. VB: Heather Janiak
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: John Santone

MAR VISTA

web: suhsd.k12.ca.us/mvh
505 Elm Avenue
Imperial Beach, CA 91932
Ph: 619-628-5700
Fax: 619-628-5755 (ASB)
Metro Conference/South Bay
Sweetwater UHSD
Coed/Four Years
Enrollment (9-12) = 2025
Mariners
Forest Green/Gold

Direction: I-5 to Coronado Ave go west
Coronado Ave becomes Imperial Beach Blvd
pass 4-way stop (Connecticut & IB Blvd)
gym and fields on r. side of IB Blvd

ADMINISTRATION

Prin: Dr. Louise Phipps
catero@sdcoe.k12.ca.us
Prin Sec: Sandra Angeli
AP: Marianne Perrault 628-5751
AD: Pat O'Neill 628-5700
patrick.oneill@suhsd.k12.ca.us
AD Sec: Ethan Charles 628-5752
ASB: Marianne Perrault 628-5751
Finance: Ethan Charles 628-5752
Cheer: Sandra Mauldin 628-5700
Band: Hugh O'Neil 575-3117

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Allan Delos Reyes
B. BB: Jesse Aguirre
G. BB: Nathaniel Major
B. XC: Ben Holt
G. XC: Jessica Neamon
Field Hockey: DNF
Football: Brian Hay
B. Golf: TBA
G. Golf: Patrick O'Neill
Gymnastics: DNF
B. Lacrosse: Ryan Scott
G. Lacrosse: Shizuka Baker
Roller Hockey: Ron Cole

B. Soccer: Sal Carrera
G. Soccer: Gisela Wolfe
Softball: Dan Woodard
B. Swim: Chad Kavanaugh
G. Swim: Sue Czerwicz
B. Tennis: Filemon Jara
G. Tennis: Melissa Uriate
B. Track: Jim Coates
G. Track: Greg Pena
B. VB: Robbie Cole
G. VB: Robbie Cole
B. Water Polo: Chad Kavanagh
G. Water Polo: Chad Kavanagh
Wrestling: Levi Harbin, Johnthan Barnett

MARANATHA CHRISTIAN SCHOOLS

web: www.maranathachristianschools.org
9050 Maranatha Drive
San Diego, CA 92127-2923
Ph: 858-759-9737
Fax: 858-759-4001
Frontier League
Private School
Coed/Four Years
Enrollment (9-12) = 88
Eagles
Navy Blue/Carolina Blue/White

Direction: From I-15 take Camino Del Norte
W - becomes Camino Del Sur - turn R on
Maranath Drive.

ADMINISTRATION

Prin: Pete Plotnick x106
pete.plotnick@maranathachristianschools.org
Prin Sec: Eva House x130
eva.house@maranathachristianschools.org
AD: Rle Nichols x 153
rle.nichols@maranathachristianschools.org
AD Sec: Cindi Mason x103
cindi.mason@maranathachristianschools.org
ASB: Chas Shay
Finance: N/A
Cheer: Jennifer Walker x151
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Phil Thompson
B. BB: Rle Nichols
G. BB: Jessica Reagan
B. XC: Peter Gregory
G. XC: Peter Gregory
Field Hockey: DNF
Football: Rle Nichols
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: TBA
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: David Cabral
G. Soccer: DNF
Softball: DNF
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: Peter Gregory
G. Track: Peter Gregory
B. VB: DNF
G. VB: Mark Pittman
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

MATER DEI CATHOLIC

web: www.materdeicatholic.org
1615 Mater Dei Drive
Chula Vista, CA 91913
Ph: 619-423-2121
Fax: 619-423-6910
Metro Conference/Mesa
Diocese of San Diego
Coed/Four Years
Enrollment (9-12) = 794
Crusaders
Navy Blue/Vegas Gold

Direction: I-805 south to Olympic Parkway
exit east (left) - right at La Media - left Birch
Road - left Mater Dei Drive

ADMINISTRATION

President: Tom Beecher
tbeecher@materdeicatholic.org
Prin: George Milke x 102
gmilke@materdeicatholic.org
Prin Sec: Zurissadi Glavez x130
AP: None
BAD: Bill Gerken x117
bgerken@materdeicatholic.org
GAD: Nicki Limoges
nlimoges@materdeicatholic.org
ASB: Cres Angeles & Ed Johnson
Finance: Rocio Hodges
Cheer: Heather Powers
Band: Troy Peets

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Ed Johnson
B. BB: Kenny Caesar
G. BB: David Monroe
B. XC: Kristen Willich
G. XC: Kristen Willich
Field Hockey: DNF
Football: John Joyner
B. Golf: Bill Gerken
G. Golf: Bill Gerken
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Jorge Zavala
G. Soccer: Brenda Byrn
Softball: Mike Centrullo
B. Swim: Kevin Smith
G. Swim: Kevin Smith
B. Tennis: Alex Reyes
G. Tennis: Lea Borck
B. Track: Carla Martinez
G. Track: Carla Martinez
B. VB: Brian Ritz
G. VB: Karen Nerat
B. Water Polo: Guy Souza
G. Water Polo: DNF
Wrestling: Scott Ullsperger

MIDWAY BAPTIST

web: www.midwaybaptistschools.com
2460 Palm Avenue
San Diego, CA 92154
Ph: 619-424-7875
Fax: 619-424-9204
Southern Conference/Citrus
Private
Coed/Four Years
Enrollment (9-12) = 93
Patriot
Red/White/Blue

Direction: I-5 to Palm Ave/Imperial Beach
exit - go east/left. 1/3 mi up hill on north side.

ADMINISTRATION

Prin: Stephen Johnson x 251
sjohnson@midwaybaptistschools.com
Prin Sec: Barbara Johnson x263
bjohnson@midwaybaptistschools.com
AP: Christy Rheam
AD: Matt Horton
mhorton@midwaybaptistschools.com
AD Sec: Melody Holz x 250
mholz@midwaybaptistschools.com
ASB: DeVita Andrews
Finance: Patricia Stonebraker x 254
Cheer: Mary Matosich
Band: Lalane Haenisch

VARSITY HEAD COACHES

Badminton: DNF
Baseball: TBA
B. BB: Chris Holtz
G. BB: TBA
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: Jon Clark
B. Golf: John Marvel
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: TBA
G. Soccer: TBA
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Brian Jaspersen
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

MIRA MESA

web: www.sandi.net/miramesa
10510 Reagan Road
San Diego, CA 92126
Ph: 858-566-2262
Fax: 858-549-9541
City Conference/Eastern
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 2652
Marauders
Blue/Gold

Direction: I-15 to Mira Mesa Blvd West.
Left at Reagan Road.

ADMINISTRATION

Prin: Scott Giusti
sgiusti@sandi.net
AP: Matt Fallon
mfallon@sandi.net
AD: Dan Regas
dregas@sandi.net
AD Sec: N/A
ASB: Mary Jensen
Finance: Anna Day x2231
aday1@sandi.net
Cheer: Mary Jensen x4202
Band: John Dally

VARSITY HEAD COACHES

Badminton: Frank Bagongahasa
Baseball: Gene Watkins
B. BB: Dan Regas
G. BB: Paul Tessaro
B. XC: Eric Miller
G. XC: Eric Miller
Field Hockey: Sarah Neiss
Football: Gary Blevins
B. Golf: Roy Van Grove
G. Golf: Roy Van Grove
Gymnastics: DNF
B. Lacrosse: Fred Griesbach
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Pat Corr
G. Soccer: Derek Knapp
Softball: Catherine Fox-Copeland
B. Swim: Kim Yourczek
G. Swim: James Earnest
B. Tennis: Greg Dodd
G. Tennis: Greg Dodd
B. Track: Eric Miller
G. Track: Eric Miller
B. VB: Katy Gillis
G. VB: Jennifer Otaola
B. Water Polo: Kim Yourczek
G. Water Polo: Greg Steinbach
Wrestling: Jon Talbott

MISSION BAY

web: missionbayhigh.com
2475 Grand Avenue
San Diego, CA 92109
Ph: 858-273-1313
Fax: N/A
AD Fax: 858-273-2327
City Conference/Western
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 1692
Buccaneers
Black/Gold

Direction: I-5 south to Mission Bay Dr West.
Left at Grand Avenue OR I-5 north to
Grand Avenue.

ADMINISTRATION

Prin: Fred Hilgers x100
fhilgers@sandi.net
Prin Sec: TBA
AP: Gretchen Rhoads x 102
grhoads@sandi.net
AD: Dennis Pugh x 277
dpugh1@sandi.net
AD Sec: Kathy Agosto x 108
kagosto@sandi.net
ASB: Emmitt Dodd x 213
Finance: Katrine Safa x222
ksafa@sandi.net
Cheer: Kathy Agosto x 108
Band: J.P. Balmat x 113

VARSITY HEAD COACHES

Badminton: Jim Loveday
Baseball: Greg Farrar
B. BB: Dennis Kane
G. BB: Jerome Bowman
B. XC: Elizabeth Vierra
G. XC: Elizabeth Vierra
Field Hockey: Kris Auer
Football: Willie Matson
B. Golf: Joe Panian
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Joe Panian
G. Soccer: Jorge Palacios
Softball: TBA
B. Swim: Troy Landon
G. Swim: Troy Landon
B. Tennis: Cheryl Olivas-Deli
G. Tennis: Cheryl Olivas-Deli
B. Track: Emmitt Dodd
G. Track: Emmitt Dodd
B. VB: Crystal Frasca
G. VB: Crystal Frasca
B. Water Polo: Troy Landon
G. Water Polo: Troy Landon
Wrestling: Marco Herrera-Mondragon

MISSION HILLS

web: www.missionhillshigh.org
One Mission Hills Court
San Marcos, CA 92069
Ph: 760-290-2700
Fax: 760-290-2680
AD Fax: 760-290-2687
North County Conference/Avocado
San Marcos U.S.D.
Coed/Four Years
Enrollment (9-12) = 2479
Masocot: Grizzlies
Colors: Cardinal/Vagas Gold

Direction: I-15 N to 78 W exit Woodland
Pkwy. Take Mission Road west.

ADMINISTRATION

Prin: Brad Lichtman 290-2710
brad.lichtman@smusd.org
Prin Sec: Carol Foster 290-2711
AP: Bill Singh 290-2724
bill.singh@smusd.org
AD: Ken Putnam 290-2770
ken.putnam@smusd.org
AD Sec: None
Athletic Trainer: Scott Gommel
scott.gommel@smusd.org
ASB: TBA
Finance: Jolene Clark 290-2713
Cheer: Alecia Wanders
Band: Jeff McNurlan 290-2729

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Ken Putman
B. BB: Curtis Hofmeister
G. BB: Chris Kroesch
B. XC: Ryan Sharp
G. XC: Ryan Sharp
Field Hockey: Ami Kivett
Football: Chris Hauser
B. Golf: Jason Hamm
G. Golf: Derrick Ford
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: Amy Kivett
Roller Hockey: DNF

B. Soccer: Evan Camperell
G. Soccer: Gerry Maley
Softball: Kevin Glatt
B. Swim: Bob Turner
G. Swim: Bob Turner
B. Tennis: Daniel Garcia
G. Tennis: Daniel Garcia
B. Track: Kyle Billings
G. Track: Ryan Sharp
B. VB: Andrea Fisher
G. VB: Cindy Mathews
B. Water Polo: Sasha Petcavich
G. Water Polo: Bob Turner
Wrestling: Dave LaVine

MISSION VISTA (Frosh & JV only)

web: TBA
740 Olive Avenue
Vista, CA 92084
Ph: 760-758-6800
Fax: 760-643-2522
Independent
Vista U.S.D.
Coed/Four Years
Enrollment (9-12) = 300
Mascot: Timberwolves
Colors: Green/Black

Direction: TBA

ADMINISTRATION

Prin: Rodney Goldenberg x6185
rgoldenb@vusd.k12.ca.us
Prin Sec: Georjanne Smith
AP: TBA
Email:
AD: Dave Whiddon
dwhiddon@vusd.k12.ca.us
AD Sec: TBA
Athletic Trainer: TBA
ASB: TBA
Finance: TBA
Cheer: TBA
Band: TBA

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: TBA
B. BB: James Townsend
G. BB: Telita Huffman
B. XC: Joe Crosswhite
G. XC: Joe Crosswhite
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Rick Enriquez
G. Soccer: Rick Moore
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: Meg Powers
G. VB: TBA
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

MONTE VISTA

web: grossmont.k12.ca.us/Monte Vista
3230 Sweetwater Springs Blvd.
Spring Valley, CA 91977
Ph: 619-660-3000
Fax: 619-670-9749
Grossmont Conference/Valley
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1994
Monarchs
Crimson/Gold

Direction: I-94 to Sweetwater Springs
Blvd South or 54 E - R at Jamacha Blvd
Left at Sweetwater Springs Blvd.

ADMINISTRATION

Prin: Gary Schwartzwald 660-3012
gschwartzwald@guhsd.net
Prin Sec: Ruth Lincoln
AP: Sewell Dunton 660-3024
AD: Zack Peck 660-3168
zpeck@guhsd.net
AD Sec: Sheri Barlow 660-3024
ASB: Adam Kryzwicki x 203086
Finance: Roberta Bosworth 660-3037
Cheer: Kelly McKean 660-3186
Band: Linda Thompson

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Chad Williams
B. BB: James Carroll
G. BB: Mike Skibbe
B. XC: Robert Muschek
G. XC: Leah Jackson
Field Hockey: DNF
Football: Page Culver
B. Golf: Victor Cruz
G. Golf: Victor Cruz
Gymnastics: Mavi Richmond
B. Lacrosse: Isaac Merfalen
G. Lacrosse: Alicia Ghio
Roller Hockey: DNF

B. Soccer: Saul Hernandez
G. Soccer: Thompson Usiyan
Softball: Sig Chabrowski
B. Swim: Ken Thiltgen
G. Swim: Cyndy Hoffman
B. Tennis: Sang Bai
G. Tennis: Sang Bai
B. Track: Bob Muschek
G. Track: Bob Muschek
B. VB: Mike Skibbe
G. VB: Brian Carpenter
B. Water Polo: Damon Newman
G. Water Polo: Rick McMillan
Wrestling: Steve Bulette

MONTGOMERY

web: www.suhsd.k12.ca.us/moh
3250 Palm Avenue
San Diego, CA 92154
Ph: 619-628-3007
Fax: 619-424-6473
Metro Conference/South Bay
Sweetwater U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1914
Aztecs
Red/White/Blue

Direction: I-805 S - Exit Palm Ave to left.

ADMINISTRATION

Prin: Lee Romero 628-3807
lee.romero@suhsd.k12.ca.us
Prin Sec: Maria Estrada 628-3807
maria.estrada@suhsd.k12.ca.us
AP: TBA
AD: Julio Alcalá
julio.alcala@suhsd.k12.ca.us
AD Sec: Linzola Shackelford
ASB: Dan Kracha 423-4940
Finance: Linzola Shackelford
Cheer: Maura Benitez
Band: Jessica Pulido

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Manuel Hermosillo
B. BB: George Anderson
G. BB: BJ Filamor
B. XC: Juan Gonzalez
G. XC: Ruben Ledesma
Field Hockey: DNF
Football: Julio Alcalá
B. Golf: Julio Alcalá
G. Golf: Raul Persona
Gymnastics: DNF
B. Lacrosse: Gerald French
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Juan Gonzalez
G. Soccer: Jill Norris
Softball: Christina Escamilla
B. Swim: Rene Marmolejo
G. Swim: Rene Marmolejo
B. Tennis: Craig Miles
G. Tennis: Craig Miles
B. Track: Hal Herlan
G. Track: Ruben Ledesma
B. VB: Troy Beale
G. VB: Dario Villa
B. Water Polo: DNF
G. Water Polo: René Marmolejo
Wrestling: Jay Coffey

MORSE

web: www.morsehs.com
6905 Skyline Drive
San Diego, CA 92114
Ph: 619-262-0763
Fax: 619-262-6835
City Conference/Eastern
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 2471
Tigers
Navy/Old Gold/White

Direction: I-805 to So Bay Fwy East -
L at Woodman - R at Skyline Dr or I-805
to Imperial E-R at Woodman-L at Skyline.

ADMINISTRATION

Prin: Harry Shelton (Interim)
hshelton@sandi.net
Prin Sec: Eleanor Viado x2781
AP: Harry Shelton x2811
hshelton@sandi.net
AD: Gabriel Senteno
gsenteno@sandi.net
Athletic Trainer: Phil Grooms
pgrooms1@sandi.net
ASB: Anne Bengtson x 4004
Finance: Luong Truong x 2063
Cheer: Tai Oliver x 3025
Band: N/A

VARSIITY HEAD COACHES

Badminton: TBA
Baseball: Cedric Nealy
B. BB: Bobby Smuler
G. BB: Deadrick Robinson
B. XC: Phil Grooms
G. XC: Phil Grooms
Field Hockey: Martha McCarthy
Football: Tracy Mcnair
B. Golf: Jesse Denney x 4309
G. Golf: Rex Calvin
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Jesse Denney
G. Soccer: Larry Covington
Softball: Martha McCarty
B. Swim: Celeste Bergan
G. Swim: Celeste Bergan
B. Tennis: Clay Johnson
G. Tennis: Clay Johnson
B. Track: Rodney Hutsona
G. Track: Lana Garner x4316
B. VB: TBA
G. VB: TBA
B. Water Polo: Celeste Bergan
G. Water Polo: Celeste Bergan
Wrestling: Mike Barnes x 2955

MT. CARMEL

web: www.powayusd.com/pusdmchs/
9550 Carmel Mountain Road
San Diego, CA 92129-2799
Ph: 858-484-1180
Fax: 858-538-9426
AD Fax: 858-538-7764
North County Conference/Valley
Poway U.S.D.
Coed/Four Years
Enrollment (9-12) = 2380
Sundevils
Scarlet/Gold
Direction: I-15 to Rancho Penasquitos
Blvd West. School is straight ahead on
the right-hand side.

ADMINISTRATION

Prin: Dr. Tom McCoy x3101
tmccoy@powayusd.com
AP: Greg Magno x 3219
AD: Randy Wright x 3109
rwright@powayusd.com
AD Sec: Linda Uribe x 3110
Ath Trainer: Christine Ahlf
cahlf@powayusd.com
B. Golf: TBA
Finance: Maria Lopez x 3131
Cheer: Tonga Moore x 3219
Band: Garry McPherson x3520

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Mike Giaime
B. BB: Brad Enright
G. BB: Robin Blalock
B. XC: Nate Boyer
G. XC: Nate Boyer
Field Hockey: Katie Fixen
Football: Sanford Carvajal
B. Golf: TBA
G. Golf: Jay Van Vark
Gym: Monique Lamphiere-Tamayoshi
B. Lacrosse: TBA
G. Lacrosse: Rob Alacron
Roller Hockey: TBA

B. Soccer: Mark Green
G. Soccer: Danie Schelhorse
Softball: Ruby Chavez
B. Swim: Daniel Peck
G. Swim: Daniel Peck
B. Tennis: Jim Wrage
G. Tennis: Jim Wrage
B. Track: Dennis McClanahan
G. Track: Dennis McClanahan
B. VB: Patsy Malta
G. VB: Bri Beal
B. Water Polo: Anthony Cabrera
G. Water Polo: Jon Au
Wrestling: Gail Miller

MOUNT MIGUEL

http://www.mountmiguelhs.org/
8585 Blossom Lane
Spring Valley, CA 91977
Ph: 619-667-6400
Fax: 619-697-0794
Grossmont Conference/Valley
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1942
Matadors
Red/Black

Direction: Hwy 125 to Jamacha Rd. East
L on Sweetwater Rd. - L on Blossom Ln.

ADMINISTRATION

Prin: Steve Coover 667-6412
scoover@guhds.net
Prin Sec: Diane Quintero 667-6412
Dquintero@guhds.net
AP: Joe Cota 667-6421
jbcota@guhds.net
AD: Ernie Reyes 667-6482
ereyes@guhds.net
AD Sec: Suzie Panarisi x 132
Trainer: Chuck Woolsey
ASB: Bob Raymond
Finance: Jennifer Wilson 667-6437
Jenwilson@guhds.net
Cheer: Sylvia Sposato 667-6451
Band: Jason Hutton 667-6554

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Bryon Grigsby
B. BB: Jay Rowlett
G. BB: Robbie Sandoval
B. XC: Sarah Dion
G. XC: Sarah Dion
Field Hockey: DNF
Football: Tom Karlo
B. Golf: Jimmy Hurst
G. Golf: Louise Parks
Gym: Evelyn Lopez
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Rob Lindsay
G. Soccer: Jason Renfro
Softball: Kathy Worley
B. Swim: Edgard Espinosa
G. Swim: Edgard Espinosa
B. Tennis: Duka Deleon
G. Tennis: Anna Duran
B. Track: Ray Wells
G. Track: Sarah Dion
B. VB: John Fitzgerald
G. VB: John Fitzgerald
B. Water Polo: Edgard Espinosa
G. Water Polo: Edgard Espinosa
Wrestling: Jim Houston

MOUNTAIN EMPIRE

web: www.meusd.k12.ca.us
3305 Buckman Springs Road
Pine Valley, CA 91962
Ph: 619-473-8601
Fax: 619-473-8038
Southern Conference
Mountain Empire U.S.D.
Coed/Four Years
Enrollment (9-12) = 461
Redhawks
Red/Gold/Black

Direction: I-8 E to Buckman Springs Rd.
R on Buckman Spring to school (2 miles
from freeway - on left).

ADMINISTRATION

Prin: Ernie Sopp
esopp@meusd.net
Prin Sec: Karen Loftis x 200
kloftis@meusd.net
AP: Steve Gordon x 202
sgordon@meusd.net
AD: Jarrod Sills x 317
jsills@meusd.net
AD Sec: Karen Loftis x 200
ASB: Mari Mann x 314
Finance: None
Cheer: Gerogina Tortora
Band: Jarrod Sills x 317

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Jim Jones
B. BB: Mark Noland
G. BB: Johanna Northcote
B. XC: Bill Leblanc
G. XC: Heather Westgard
Field Hockey: DNF
Football: TBA
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: David Barboza
G. Soccer: Jarrod Sills
Softball: Darlene Daniels
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: Jesse Leblanc
G. Track: Heather Westgard
B. VB: DNF
G. VB: TBA
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Gary Priester

OCEANSIDE

web: www.ohspirates.com
1 Pirates Cove
Oceanside, CA 92054
Ph: 760-722-8201
Fax: 760-757-2419
AD Fax: 760-721-7590
North County Conference/Valley
Oceanside U.S.D.
Coed/Four Years
Enrollment (9-12) = 2514
Pirates
Green/White

Direction: I-5 to Mission Ave West -
Left at Pirates Cove

ADMINISTRATION

Prin: Kimmo Marquardt x 2330
kmarquardt@oside.k12.ca.us
Prin Sec: Bertha Bernal x 2331
AP: Jessica Poumele x 2590
AD: Dave Barrett x 2344
dave.barrett@oside.k12.ca.us
AD Sec: Sandra Polanco x2339
saundra.polanco@oside.k12.ca.us
Ath Trainer: Anna Munoz
anna.munoz@oside.k12.ca.us
ASB: Mike Fisher x 2339
Finance: Sandra Planco (see above)
Cheer: Brandra Springs
Band: Mark Phelps x 3079

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Dave Barrett
B. BB: Corey Hogue
G. BB: Cameron Clark
B. XC: Jesse Guillen
G. XC: Jesse Guillen
Field Hockey: DNF
Football: John Carroll
B. Golf: Pat Cornforth
G. Golf: Dean Baldrige
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Frank Zimmerman
G. Soccer: Gary Wallace
Softball: Joe Nuñez
B. Swim: Jeff Kamansky
G. Swim: Chandra Prather
B. Tennis: Sid Salcedo
G. Tennis: Sid Salcedo
B. Track: Jesse Guillen
G. Track: Kristi Benson-Clark
B. VB: Meredith Faumonia
G. VB: Kristi Benson-Clark
B. Water Polo: Jeff Kamansky
G. Water Polo: Matt Stephens
Wrestling: Ben Davis

OLYMPIAN

web: www.suhsd.k12.ca.us/ohs
1925 Magdalena Avenue
Chula Vista, CA 91915
Ph: 619-656-2400
Fax: 619-216-0650
Metro Conference/South Bay
Sweetwater U.H.S.D.
Coed/ Four Years
Enrollment (9-12) = 1330
Eagles
Black/Vegas Gold/Turquoise

Direction: 805 S, exit Olympic Pkwy, 3 mi
turn R on La Media, L on Birch, R on
Magdalena, go 1 mile to school.

ADMINISTRATION

Prin: John Devore 656-2405
john.devore@suhsd.k12.ca.us
Prin Sec: Imelda Genovese 656-2405
imelda.genovese@suhsd.k12.ca.us
AP: Karen Hernandez 656-2450
AD: Jorge Mancillas 656-2400
jorge.mancillas@suhsd.k12.ca.us
AD Sec: N/A
ASB: Karen Hernandez
Finance: Elaine Stubbs 656-2450
elaine.stubbs@suhsd.k12.ca.us
Cheer: Tanya Joyner 656-2400
Band: Eric Maybrey 656-2438
AT: Jeremy Culuko

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Eddie Venegas
B. BB: Alex Salazar
G. BB: Ray Howard
B. XC: Lynn More
G. XC: Catherine Croy
Field Hockey: DNF
Football: Gil Warren
B. Golf: Nathaniel Davis
G. Golf: Nathaniel Davis
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Raul Persona
G. Soccer: Aaron Rossi
Softball: Robert Aguilar
B. Swim: Rene Marmolejo
G. Swim: Bing Dawson
B. Tennis: Lisa Hernandez
G. Tennis: Lisa Hernandez
B. Track: Michael Hulin
G. Track: Jorge Mancillas
B. VB: Valerie Separa
G. VB: Valerie Separa
B. Waterpolo: Rene Marmolejo
G. Waterpolo: Bing Dawson
Wrestling: Aramis Vera

ORANGE GLEN

web: oghs.euhsd.k12.ca.us
2200 Glenridge Road
Escondido, CA 92025
Ph: 760-291-5000
Fax: 760-739-7380
AD Fax: 760-291-5016
North County Conference/Valley
Escondido U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2330
Patriots - Red/White/Blue

Direction: I-15 to Via Rancho Pkwy E.
L at Bear Valley Pkwy- R at Glen Ridge.

ADMINISTRATION

Prin: Tom Allison
tallison@euhsd.k12.ca.us
AP: Allen Williams x 5026
awilliams@euhsd.k12.ca.us
AD: Sam Kristensen 291-5030
skristensen@euhsd.k12.ca.us
AD Sec: Maila Zumaya x 5015
mzumaya@euhsd.k12.ca.us
Ath Trainer: Ruth Arner
rarnr@euhsd.k12.ca.us
ASB: Chris Turrentine
Finance: Maila Zumaya
Cheer: Laaza Plash
Band: John Johnson x 5085

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Sam Kristensen
B. BB: Chris Featherly
G. BB: Caitlin Haley
B. XC: Mike Mena
G. XC: Mike Mena
Field Hockey: Stephanie Osowski
Football: Kris Plash
B. Golf: Victor Garduno
G. Golf: John Merz
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Mike Pellicio
G. Soccer: Hector Ochoa
Softball: Joe Cascioppo
B. Swim: Liz Boyer
G. Swim: Liz Boyer
B. Tennis: Kevin Brown
G. Tennis: Kevin Brown
B. Track: Mike Mena
G. Track: Mike Mena
B. VB: Elise Hope
G. VB: Elise Hope
B. Water Polo: Scott Morton
G. Water Polo: Scott Morton
Wrestling: Paul Caputo

OTAY RANCH

web: www.suhsd.k12.ca.us/hs11
1250 Olympic Parkway
Chula Vista, CA 91913
Ph: 619-591-5000
Fax: 619-591-5010
Metro Conference/Mesa
Sweetwater UHSD
Coed/Four Years
Enrollment (9-12) = 2721
Mustangs
Navy Blue/Columbia Blue/Silver

Direction: I-805 S - exit E on Olympic Parkway (3 miles to school)

ADMINISTRATION

Prin: Jose Brosz x 5005
jose.brosz@suhsd.k12.ca.us
Prin Sec: Alma Morris x 5005
alam.morris@suhsd.k12.ca.us
AP: Brahim Wahib
AD: Gene Alim 591-5122
eugene.alim@suhsd@k12.ca.us
AD Sec: None
Ath Trainer: Raul Camacho
ASB: Chuck Quillin 591-5050
Finance: Liz Silva 591-5050
Cheer: Veronica Jaramillo 581-5000
Band: Paul Johnston 591-5000

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Bob McCurdy
B. BB: Howard Suda
G. BB: Ramon Vasquez
B. XC: Ian Cummings
G. XC: Ian Cummings
Field Hockey: Brianne Martinez
Football: Gene Alim
B. Golf: Joe Rankin
G. Golf: Greg Sullivan
Gymnastics: Cody Moses
B. Lacrosse: Eric Ruden
G. Lacrosse: Manny Frutos
Roller Hockey: Adrian Rodriguez

B. Soccer: Brian Lewis
G. Soccer: Mike Diaz
Softball: David Marin
B. Swim: Ernie Medina
G. Swim: Ernie Medina
B. Tennis: Albert Ramos
G. Tennis: Albert Ramos
B. Track: Ian Cumming
G. Track: Ian Cumming
B. VB: Tony Fajardo
G. VB: James Haug
B. Water Polo: Mile Pilgrim
G. Water Polo: Ernie Medina
Wrestling: Troy Vierra

PACIFIC RIDGE

web: www.pacificridge.org
6269 El Fuerte Street
Carlsbad, CA 92009
Ph: 760-448-9820
Fax: 760-683-6003
Frontier League
Private School
Enrollment (9-12) = 83
Mascot: Unknown
Blue/Yellow/Grey

Direction: I-5 to Palomar Airport Road - travel east - turn right on El Fuerte St. (approx 4 miles)

ADMINISTRATION

Prin: Dr. Eileen Mullady
emullady@pacificridge.org
Prin Sec: N/A
AP: N/A
AD: Darren Lawlor
dlawlor@pacificridge.org
AD Sec: N/A
ASB: N/A
Finance: N/A
Cheer: N/A
Band: N/A

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: DNF
G. BB: DNF
B. XC: Steve Edwards
G. XC: Steve Edwards
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: Darren Lawlor
G. Lacrosse: Liza Neptune
Roller Hockey: DNF

B. Soccer: Mike Hovenic
G. Soccer: Glenn Henderson
Softball: DNF
B. Swim: DNF
G. Swim: DNF
B. Tennis: TBA
G. Tennis: TBA
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Melissa Sullivan
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

PALO VERDE VALLEY

web: N/A
667 North Lovekin Avenue
Blythe, CA 92225
Ph: 760-922-7148
Fax: 760-922-8916
Southeastern Conference
Palo Verde U.S.D.
Coed/Four Years
Enrollment (9-12) = 944
Yellowjackets
Green/Gold

Direction: I-10 to Lovekin Blvd - North on Lovekin about 3/4 of mile to school.

ADMINISTRATION

Interim Prin: John Arrequin x223
jarrequin@pvusd-bly.org
Prin Sec: Norma Castillo x 222
ncastillo@pvusd-bly.k12.ca.us
AP: Jeremy James x224
jjames@pvusd-bly.org
AD: Randy Peterson x 265
rpeterson@pvusd-bly.k12.ca.us
AD Sec: Rachel Vaca x227
rvaca@pvusd-bly.org
ASB: Randy Peterson
Finance: Rachel Vaca x 227
Cheer: Madeline Adcock
Band: Jose Hernandez

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Gilbert Guilin
B. BB: Rick Cople
G. BB: Gerald Edwards
B. XC: Tim Jorgenson
G. XC: Tim Jorgenson
Field Hockey: DNF
Football: George Dagnino
B. Golf: Ken Fletcher
G. Golf: Val Braden
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Arturo Gonzalez
G. Soccer: Craig Wita
Softball: Gloria Naranjo
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: George Dagnino
G. Track: Gerald Edwards
B. VB: DNF
G. VB: Emily Chute
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Ian John

PATRICK HENRY

web: www.henry.sandi.net
6702 Wandermere Drive
San Diego, CA 92120-3299
Ph: 619-286-7700
Fax: 619-229-0370
City Conference/Eastern
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 2454
Patriots
Green/Gold/White

Direction: I-8 to College Ave North - R at Navajo Rd - R at Park Ridge - R at Wandermere Dr.

ADMINISTRATION

Prin: Pat Crowder x 2208
pcrowder@sandi.net
Prin Sec: Anetha Johnson x 2208
ajohnson2@sandi.net
AP: Jim Good x 2210
jgood1@sandi.net
AD: Jack Lococo
jlococo@sandi.net
AD Sec: N/A
ASB: Bill Miller x 4302
Finance: Debbie Southward x 2202
Cheer: Beatriz Bernal x 4204
Band: Matt Kalal x 4602

VARSIITY HEAD COACHES

Badminton: Bill Miller
Baseball: Jack Lococo x 4507
B. BB: Jack Morganstearn
G. BB: Nick Berteaux
B. XC: Andrew Myette x 4404
G. XC: Andrew Myette x 4404
Field Hockey: Bill Nelson
Football: Mike Williams
B. Golf: Matt Reese x 2220
G. Golf: Charles Pearsall
Gymnastics: DNF
B. Lacrosse: John Supp
G. Lacrosse: Elisha Agee
Roller Hockey: DNF

B. Soccer: David Rath
G. Soccer: Howard Hawver
Softball: Damon Shaffer x 4400
B. Swim: Taurja Hinojosa
G. Swim: Taurja Hinojosa
B. Tennis: T
G. Tennis: Karen Ronney
B. Track: Andrew Myette x 4404
G. Track: Andrew Myette x 4404
B. VB: TBA
G. VB: Felix Chu
B. Water Polo: Taurja Hinojosa
G. Water Polo: Taurja Hinojosa
Wrestling: TBA

POINT LOMA

www.pointlomahigh.com
2335 Chatsworth Blvd.
San Diego, CA 92106
Ph: 619-223-3121
Fax: 619-225-1298
City Conference/Eastern
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 2076
Pointers
Maroon/Gold

Direction: I-8 to Rosecrans St West - R at Lytton which becomes Chatsworth.

ADMINISTRATION

Prin: Barbara Samilson x 1107
bsamilson@sandi.net
Prin Sec: Pam Dowling x 1107
pdowling1@sandi.net
AP: Kevin Gormly x 1103
AD: Michael Hastings x 1142
mhastings@sandi.net
AD Sec: Sue McCartney x 1103
Ath Trainer: Lindsey Donnelly x 1142
ldonnell@ptloma.edu
ASB: Jennifer Gardham x 1123
Finance: Mara Santoni-Cruz x 1112
Cheer: Kellie Larsen x 4857
Band: Melissa Mimmons x 4457

VARSIITY HEAD COACHES

Badminton: TBA
Baseball: Jon Posternack
B. BB: Chirs Brisco
G. BB: Andrea Anderson
B. XC: Keith Delong
G. XC: Rob Barnett
Field Hockey: Shannon Collins
Football: Mike Hastings
B. Golf: Fred Fogerty
G. Golf: Fred Fogerty
Gymnastics: Travis
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Manny Diaz
G. Soccer: John Murphy
Softball: Tom Kamfonik
B. Swim: Jerry Rich
G. Swim: Jerry Rich
B. Tennis: Chris Majors
G. Tennis: Chris Majors
B. Track: Keith Delong
G. Track: Shannon Collins
B. VB: Michael Bevis
G. VB: Jon Posternack
B. Water Polo: Jerry Rich
G. Water Polo: Jerry Rich
Wrestling: Phillip Moore

POWAY

web: www.powayusd.or/pusdphs/index.asp
 15500 Espola Road
 Poway, CA 92064
 Ph: 858-748-0245
 Fax: 858-679-6879
 North County Conference/Palomar
 Poway U.S.D.
 Coed/Four Years
 Enrollment (9-12) = 2865
 Titans
 Green/White/Gray

Direction: I-15 to Camino del Norte East.
 Cont. east on Twi Peaks Rd - L on Espola.

ADMINISTRATION

Prin: Scott Fisher x 5100
 sfisher@powayusd.com
 Prin Sec: Janet Schaitel x5100
 jschaitel@powayusd.com
 AP: Pete McKee
 pmckee@powayusd.com
 AD: Dan Crane x 5112
 dcrane@powayusd.com
 AD Sec: Arlene Groseley x 5102
 Ath Trainer: CJ Hernandez
 chernandez@powayusd.com
 ASB: Emily Pettison x5182
 Finance: Nita Allen x 5107
 Cheer: Danielle Crane x 5406
 Band: Mike Cook x 5200

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Bob Parry
 B. BB: Aaron Little
 G. BB: Jay Trousdale
 B. XC: Dan Schaitel
 G. XC: Dan Schaitel
 Field Hockey: Cindi Lou Villa
 Football: Damian Gonzalez
 B. Golf: David Thompson
 G. Golf: Karen Brannon
 Gymnastics: David Moser
 B. Lacrosse: Paul Sanit
 G. Lacrosse: Sarah Spillett
 Roller Hockey: Dale Ingram

B. Soccer: Gene Morris
 G. Soccer: Jenn Lalor
 Softball: Jim Bennet
 B. Swim: Tim Fuller
 G. Swim: Susan Bell
 B. Tennis: Andy Surber
 G. Tennis: Evi Yarnell-Valles x 5487
 B. Track: Phil Burian
 G. Track: Phil Burian
 B. VB: Charlie Jackson
 G. VB: Steve Lamb
 B. Water Polo: Chad Aronen
 G. Water Polo: Chad Aronen
 Wrestling: Wayne Branstetter

PREUSS SCHOOL UCSD (THE)

web: www.preuss.ucsd.edu
 9500 Gilman Drive
 La Jolla, CA 92023-0536
 Ph: 858-658-7400
 Fax: 858-658-0988
 Froniter League
 San Diego U.S.D. Charter
 Coed/Four Years
 Enrollment (9-12) = 418
 Tritons
 Royal Blue/Gold

Direction: I-5 to Genessee East - R on
 Campus Point Dr - R on Voigt.

ADMINISTRATION

Prin: Scott Barton 658-7404
 sbarton@ucsd.edu
 Prin Sec: Margie Eiermann 658-7404
 meiermann@ucsd.edu
 AP: TBA
 Email: TBA
 AD: Lisa Hawk 658-7423
 mhawk@ucsd.edu
 AD Sec: None
 ASB: Ann Artz 658-7400
 Finance: Sonia Anaya 658-7411
 Cheer: Stephanie Garcia 658-7237
 Band: None

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: DNF
 B. BB: Pete Selleck
 G. BB: Meghan McGovern
 B. XC: Barak Smith
 G. XC: Barak Smith
 Field Hockey: DNF
 Football: DNF
 B. Golf: DNF
 G. Golf: DNF
 Gymnastics: DNF
 B. Lacrosse: Eric Brazelton
 G. Lacrosse: Lisa Hawk
 Roller Hockey: DNF

B. Soccer: Vincent Fulchiron
 G. Soccer: Danielle Agliam
 Softball: DNF
 B. Swim: DNF
 G. Swim: DNF
 B. Tennis: DNF
 G. Tennis: DNF
 B. Track: DNF
 G. Track: DNF
 B. VB: DNF
 G. VB: Danielle Agliam
 B. Water Polo: DNF
 G. Water Polo: DNF
 Wrestling: DNF

RAMONA

web: www.ramonausd.net
 1401 Hanson Lane
 Ramona, CA 92065
 Ph: 760-787-4000
 Fax: 760-787-4058
 North County Conference/Valley
 Ramona U.S.D.
 Coed/Four Years
 Enrollment (9-12) = 2055
 Bulldogs (The Dawgs)
 Blue/white/Black/red

Direction: I-8 to 67 North to Ramona.
 R at 10th St to San Vincente Rd -
 R at Hanson Lane.

ADMINISTRATION

Prin: Tony Newman 787-4005
 tnewman@ramonausd.net
 Prin Sec: Cynthia Salow 787-4005
 csalow@ramonausd.net
 AP: David Lohman 787-4009
 AD: Damon Baldwin 787-4006
 dbaldwin@ramonausd.net
 AD Sec: Erin Kent 787-4010
 ekent@ramonausd.net
 Ath Trainer: Steve Pettis
 ASB: Mona Snodgrass
 Finance: Connie Claxton 787-4015
 Cheer: Heather Birse 760-695-8003
 Band: Daniel James 787-4058

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Dean Welch 787-4101
 B. BB: Ken Scheib
 G. BB: TBA
 B. XC: Steven Albanese
 G. XC: Steven Albanese
 Field Hockey: DNF
 Football: Damon Baldwin
 B. Golf: Jerry Patenaude
 G. Golf: John Rathbun
 Gymnastics: DNF
 B. Lacrosse: DNF
 G. Lacrosse: Jim Bliss
 Roller Hockey: DNF

B. Soccer: Mike Jordan
 G. Soccer: George Garcia
 Softball: Mike Schuler
 B. Swim: Frank Yterralde
 G. Swim: Stacy Dusseault
 B. Tennis: Douglas Failla
 G. Tennis: Douglas Failla
 B. Track: Bob Verhoest
 G. Track: Bob Verhoest
 B. VB: Jeff Klauda
 G. VB: Connie Halfaker
 B. Water Polo: Donny Williams
 G. Water Polo: Donny Williams
 Wrestling: Steve Koch

RANCHO BERNARDO

web: rbhs.org
 13010 Paseo Lucido
 San Diego, CA 92128
 Ph: 858-485-4800
 Fax: 858-485-4822
 North County Conference/Palomar
 Poway U.S.D.
 Coed/Four Years
 Enrollment (9-12) = 2789
 Broncos
 Royal Blue/Silver/White

Direction: I-15 to Camino Del Norte
 East - Left at Paseo Lucido.

ADMINISTRATION

Prin: Paul Robinson x 4844
 probinson@powayusd.com
 Prin Sec: Becky Brady x 4846
 AD: Peggy Brose x 4808
 pbrose@powayusd.com
 AD Sec: Rhonda Ewald x 4508
 rewald@powayusd.com
 Ath Trainer: Robbie Bowers x4541
 rbowers@powayusd.com
 ASB: Bill/Robin Christopher x 4543
 Finance: Kasa Mele x 4825
 kmele@powayusd.com
 Cheer: Darla Issak x4323
 Band: Tom Cole x 4578

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Sam Blalock
 B. BB: Jim Choe
 G. BB: Amy Peck
 B. XC: Terry Dockery
 G. XC: Terry Dockery
 Field Hockey: Kate Rudkin
 Football: Brad Elrod
 B. Golf: Kevin Keller
 G. Golf: Tim Steigerwald
 Gymnastics: Mindy Bailey
 B. Lacrosse: Bruce Seitz
 G. Lacrosse: Kadie Stamper
 Roller Hockey: Pat Sagara

B. Soccer: Kurt Trecker
 G. Soccer: Raffaele Ruotolo
 Softball: Steve Kuptz
 B. Swim: Tim Oelgoetz
 G. Swim: Tim Oelgoetz
 B. Tennis: Mike Parrinello
 G. Tennis: Mike Parrinello
 B. Track: Don Jones
 G. Track: Don Jones
 B. VB: Rachael Grant-Dixon
 G. VB: Jay Van Vark
 B. Water Polo: Fred Gleason
 G. Water Polo: Fred Gleason
 Wrestling: Joe Eddie Terribilini

RANCHO BUENA VISTA

web: rbvhs.vusd.k12.ca.us
 1601 Longhorn Drive
 Vista, CA 92081
 Ph: 760-727-7284
 Fax: 760-598-7062
 North County Conference/Palomar
 Vista U.S.D.
 Coed/Four Years
 Enrollment (9-12) = 3104
 Longhorns
 Maroon/Silver/White

Direction: I-5 to 78 East - South on
 Melrose to Longhorn Drive.

ADMINISTRATION

Prin: Varda Levy 726-2170
 vlevy@vusd.k12.ca.us
 Prin Sec: Lupe Rodriguez
 lrodriguez@vusd.k12.ca.us
 AP: Steve Hargrave x 3211
 AD: Marty Nellis
 mnellis@vusd.k12.ca.us
 AD Sec: N/A
 Ath Trainer: Merilee Alexander
 ASB: Kelly McKinney x 3312
 Finance: Debbie Voss x 3925
 Cheer: Danielle Schlapper
 danielleschlapper@vuhd.k12.ca.us
 Band: Eric Weirather/Mark Wadeigh x 341

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Leo Fletes
 B. BB: Terry Miller
 G. BB: Pete LaFrance
 B. XC: Tom Lux
 G. XC: Tom Lux
 Field Hockey: Kaci Bronson
 Football: Erick Jorgensen
 B. Golf: Terry Miller/Tim Leary
 G. Golf: Kathy George
 Gymnastics: DNF
 B. Lacrosse: DNF
 G. Lacrosse: DNF
 Roller Hockey: DNF

B. Soccer: Mike saldanna
 G. Soccer: Tim Leary
 Softball: TBA
 B. Swim: Adam Crosswhite
 G. Swim: Adam Crosswhite
 B. Tennis: Mark Bauer
 G. Tennis: Mark Bauer
 B. Track: Tom Lux
 G. Track: Keith van Asdalan
 B. VB: DNF
 G. VB: Le Anne DeBora
 B. Water Polo: Adam Crosswhite
 G. Water Polo: Adam Crosswhite
 Wrestling: Preston Picus

RIVER VALLEY CHARTER SCHOOL

web: www.rivervalleyhigh.org
9707 1/2 Marilla Drive
Lakeside, CA 92040
Ph: 619-390-2579
Fax: 619-390-2581
Frontier League
Lakeside U.S.D.
Coed/Four Years
Enrollment (9-12) = 145
Snow Leopard
Royal Blue/White

Direction: Hwy 67 East to Riverford Rd.
R to light - L on Woodside Ave - R on
Marilla Dr.

ADMINISTRATION

Prin: Cheryl Bloom
cheryl.bloom@rivervalleyhigh.org
Prin Sec: Stacy Clark
stacy.clark@rivervalleyhigh.org
AD: Tammye Martin 972-9249
jtjcmartin@cox.net
AD Sec: Tammye Martin 619-972-9249
jtjcmartin@cox.net
ASB: Brian Wickersham 390-2579
Finance: N/A
Cheer: N/A
Band: N/A

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: DNF
G. BB: DNF
B. XC: Eli Pitman
G. XC: Eli Pitman
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Eli Pitman
G. Soccer: Paolo Landini
Softball: DNF
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: Eli Pitman
G. Track: Eli Pitman
B. VB: DNF
G. VB: DNF
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

ROCK ACADEMY (THE)

web: www.therockacademy.org
2277 Rosecrans Street
San Diego, CA 92106
Ph: 619-764-5200
Fax: 619-764-5201
Frontier League
Enrollment (9-12) = 51
Warrior
Purple/Black/Silver

Direction: From I-8 W take Rosecrans St to
Womble, make left. On corner of Rosecrans
and Womble.

ADMINISTRATION

Prin: Richard Andujo 619-764-5206
richard.andujo@therockacademy.org
Prin Sec: Autumn Cropp 764-5208
autumn.cropp@therockacademy.org
AD: Zack Jones 226-7625
zack.jones@therocksandiego.org
AD Sec: Lorri Greene 226-2765
lorri.greene@therocksandiego.org
Finance: Gail Andujo 764-5207
gail.andujo@therockacademy.org

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Jesse Nunez
B. BB: Zack Jones
G. BB: DNF
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: Rob Thompson
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: Ryan Bearchell
Softball: Brian Lamb
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Danielle Demko
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

SAINT AUGUSTINE

web: sahs.org
3266 Nutmeg Street
San Diego, CA 92104
Ph: 619-282-2184
Fax: 619-282-1203
City Conference/Western
Catholic Independent
All Boys/Four Years
Enrollment (9-12) = 714
Saints
Purple/Gold

Direction: I-805 to University Ave - L
at 32nd St - L at Nutmeg.

ADMINISTRATION

Prin: James Horne x 5515
email: jhorne@sahs.org
Prin Sec: Karene Evenson x 5515
kevenson@sahs.org
AP: Mike Stephenson x 5538
AD: Mike Stephenson x 5538
email: msteph@sahs.org
AD Sec: Sarah Lang x 5536
slang@sahs.org
ASB: Greg Hecht x5544
Finance: Kimm Kay x 5522
kkay@sahs.org
Cheer: Mark Rauch 297-2266
Band: Brandon Jagow x 5528

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Craig da Luz x5525
B. BB: Mike Haupt x5521
G. BB: DNF
B. XC: Jerry Downey x5559
G. XC: DNF
Field Hockey: DNF
Football: Richard Sanchez x5596
B. Golf: Greg Ranney x5573
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: Christian Da Luz x5557

B. Soccer: Brendan Johnston x5563
G. Soccer: DNF
Softball: DNF
B. Swim: Kevin Manley x5568
G. Swim: DNF
B. Tennis: Tom Isaak x5570
G. Tennis: DNF
B. Track: Jerry Downey x5559
G. Track: DNF
B. VB: Greg Hecht x5544
G. VB: DNF
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Frank Unpingco

ST. JOSEPH ACADEMY

web: www.sierramadreacademy.com
500 Las Flores Drive
San Marcos, CA 92078
Ph: 760-744-8505
Fax: 760-744-8892
Frontier League
Catholic Independent
Coed/Four Years
Enrollment (9-12) = 63
Crusaders
Blue/Gold

Direction: Hwy 78 exit Rancho Santa Fe-
head South. R on Mission Road, head one
block east

ADMINISTRATION

Prin: Paul Kerekes
smprincipal@gmail.com
Prin Sec: Kim Salinas
mediatrix5@gmail.com
AD: Kevin Allen
kevinallenad@yahoo.com
ASB: Sarah Del Castillo
Finance: Unknown
Cheer: Unknown
Cheer: Unknown

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: Kevin Allen
G. BB: Steve Cavellier
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: James Stabile
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: DNF
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: Cheryl Tedrow
G. Track: Cheryl Tedrow
B. VB: DNF
G. VB: TBA
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF
Wrestling: DNF

SAN DIEGO HIGH EDUCATIONAL COMPLEX

web: www.sdhs.sandi.net
1405 Park Blvd.
San Diego, CA 92101
Ph: 619-525-7455
Fax: 619-744-7676
City Conference/Eastern
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 2894
Cavers
Royal Blue/White

Direction: I-5 South to 10th Ave. exit.
L at A Street - L at Park Blvd.

ADMINISTRATION

Prin: Rocio Weiss x2122
eweiss@sandi.net
Prin Sec: Vivian Perez x2100
vperez@sandi.net
AP: Peter Altomare x2122
AD: Ty Guzik x2251
tguzik@sandi.net
AD Sec: Patty Pineda x2251
Trainer: None
ASB: Francisca Del Carmen x 3007
Finance: Kevin Simonds x2109
ksimonds@sandi.net
Cheer: Trina Reeves
Band: Deanna Hastingse x 4408

VARSIITY HEAD COACHES

Badminton: Deron Amber
Baseball: Sean Tucker
B. BB: Ryan Irmer
G. BB: Lonnie Jones
B. XC: Ed Ramos
G. XC: Ed Ramos
Field Hockey: DNF
Football: Keir Kimbrough
B. Golf: Jeremy Martin
G. Golf: Jeremy Martin
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Chris Tolles
G. Soccer: Steve Lincoln
Softball: Carl Marquez
B. Swim: Mariana Delgado
G. Swim: Mariana Delgado
B. Tennis: Andrew Cretella
G. Tennis: Deron Ambler
B. Track: Robert Dean
G. Track: Robert Dean
B. VB: Irene Mello
G. VB: Irene Mello
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: Carl Marquez

SAN DIEGO ACADEMY

web: sdacademy.com
2800 East 4th Street
National City, CA 91950
Ph: 619-267-9550
Fax: 619-267-8662
Southern Conference
Private School
Coed/Four Years
Enrollment (9-12) = 112
Cavaliers
Royal Blue/White

Direction: I-805 to Palm Ave - R to 4th - turn left OR I-805 N to Plaza Blvd - R to Euclid Ave - L to 4th and turn right.

ADMINISTRATION

Prin: Mervin Kesler
principal@sdacademy.com
Prin Sec: Mary Mendoza x 153
school@sdacademy.com
AP: Julie Savino x 161
viceprincipal@sdacademy.com
AD: Bud Schaffner x 161
schaffner4@cox.net
AD Sec: N/A
ASB: N/A
Finance: Judy Anderson
Cheer: N/A
Band: Harold Alvarez x 131

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: DNF
B. BB: Bud Schaffner
G. BB: Ollie Hardin
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: DNF
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: DNF
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Chip Gifford
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

SAN DIEGO JEWISH ACADEMY

web: sdja.com
11860 Carmel Creek Road
San Diego, CA 92130
Ph: 858-704-3700
Fax: 858-704-3771
Southern Conference/Citrus West
Private School
Coed/Four Years
Enrollment (9-12) = 191
Lions
Royal Blue/Gold

Direction: I-5 to Hwy 56 West - Exit Carmel Creek Rd - R 1/4 mile to school.

ADMINISTRATION

Prin: Jeff Davis x 3777
jdavis@sdja.com
Prin Sec: Brittnay Hudson x 3786
hudson@sdja.com
Dean: TBA
AD: Charlie Wund x 3732
cwund@sdja.com
AD Sec: None
Ath Trainer: Dr. Pawen Dhokal
pdhokal@sdja.com
ASB: TBA
Finance: Monica Hoffman 704-3845
Cheer: N/A
Band: N/A

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Charlie Wund
B. BB: Steve Shoemaker
G. BB: Christine Rohane
B. XC: Jenna Blubaugh
G. XC: Jenna Blubaugh
Field Hockey: DNF
Football: Pawen Dhokal
B. Golf: Doug Kipperman
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: TBA

B. Soccer: Brian Dragou
G. Soccer: Jill Weinberg
Softball: Jeff Parrott
B. Swim: James Murphy
G. Swim: James Murphy
B. Tennis: Adrian Waisfeld
G. Tennis: Adrian Waisfeld
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Melissa Maxwell
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

SAN DIEGUITO ACADEMY

web: sdacademy.net
800 Santa Fe Drive
Encinitas, CA 92024
Ph: 760-753-1121
Fax: 760-753-8142
Coastal Conference/North
San Dieguito U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1497
Mustangs
Blue/White

Direction: I-5 to Santa Fe Drive East - Drive east 2 blocks to school on left.

ADMINISTRATION

Prin: Michael Grove x5001
michael.grove@sduhsd.net
AP: Don Rizzi
don.rizzi@sduhsd.net
AD: John Labeta x 5007
john.labeta@sduhsd.net
AD Sec: Megan Thompson x 5167
megan.thompson@sduhsd.net
ASB: Rod Keillor x 5155
Finance: Jolene Andrade x 5028
jolene.andrade@sduhsd.net
Cheer: DNF
Band: Jeremy Wuertz x 5293

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Dennis Koolhaas
B. BB: Ethan Segovia
G. BB: Jim Segovia
B. XC: Gordy Haskett
G. XC: Gordy Haskett
Field Hockey: Brooke Wilson
Football: DNF
B. Golf: Doug Timmons
G. Golf: James Hrzina
Gymnastics: DNF
B. Lacrosse: Greg Moser
G. Lacrosse: Liza Neptune
Roller Hockey: DNF

B. Soccer: Craig Dean
G. Soccer: Evan Camperell
Softball: Sam Corrao
B. Swim: DNF
G. Swim: DNF
B. Tennis: Joe Tomasi
G. Tennis: Joe Tomasi
B. Track: TBA
G. Track: Gordy Haskett
B. VB: Dexter Harvey
G. VB: Dexter Harvey
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: TBA

SAN MARCOS

web: sanmarcoshighschool.org
1615 San Marcos Blvd.
San Marcos, CA 92069
Ph: 760-290-2200
Fax: 760-736-8275
North County Conference/Valley
San Marcos U.S.D.
Coed/Four Years
Enrollment (9-12) = 2032
Knights
Navy/Silver/Blue

Direction: I-15 to 78 West to San Marcos Blvd West to Knights Realm Left

ADMINISTRATION

Prin: Julie Mottershaw x 2213
jmottershaw@smusd.org
AP: Matt Steitz x 2333
AD: Scott Jones 290-2318
scott.jones@smusd.org
AD Sec: N/A
Ath Trainer: Paul Savage
paul.savage@smusd.org
ASB: Barry Zeait x 2235
Finance: Rosanna Alvarez x 2224
Cheer: Bonnie Bagheri x 2200
Band: Matt Armstrong x 2236

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Jeff Dufek
B. BB: Dante Carey
G. BB: Scott Boyens
B. XC: Kevin Chindlund
G. XC: Kevin Chindlund
Field Hockey: Jonathan St. John
Football: Robert Cendro
B. Golf: John Morello
G. Golf: John Morello
Gymnastics: DNF
B. Lacrosse: Mike Mathai
G. Lacrosse: Robert Meder
Roller Hockey: DNF

B. Soccer: Eddie Skuratovsky
G. Soccer: Eric Lona
Softball: Brant Bedow
B. Swim: Chris Baker
G. Swim: Chris Baker
B. Tennis: Bruce Storrs
G. Tennis: Paul Hartman
B. Track: Kevin Chindlund
G. Track: Kevin Chindlund
B. VB: Tom Coleman
G. VB: Huy Nguyen
B. Water Polo: Chris Baker
G. Water Polo: Todd Shaffer
Wrestling: Brody Barrios

SAN PASQUAL

web: sphs@euhsd.k12.ca.us
3300 Bear Valley Parkway
Escondido, CA 92025
Ph: 760-291-6000
Fax: 760-480-3112
North County Conference/Avocado
Escondido U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2571
Golden Eagles
Blue/Gold

Direction: I-15 to Via Rancho Parkway East - East on Bear Valley Parkway.

ADMINISTRATION

Prin: Erin Smith 291-6001
esmith@euhsd.k12.ca.us
Prin Sec: Ruth Moss 291-6001
AP: Richard Watkins 291-6025
rwatkins@euhsd.k12.ca.us
AD: Andrew Clark
aclark@euhsd.k12.ca.us
AD Sec: Kim Lane 291-6015
Ath Trainer: Chad Pedersen
cpedersen@euhsd.k12.ca.us
ASB: Tracey Greer x 6090
Finance: Kim Lane 291-6015
Cheer: Debby Clark
Band: Brian Lund

VARSIITY HEAD COACHES

Badminton: DNF
Baseball: Tony Colantano
B. BB: Orlando Monell
G. BB: TBA
B. XC: Patrick King
G. XC: Patrick King
Field Hockey: TBA
Football: Tony Corley
B. Golf: Jamie Willis
G. Golf: Jenny Cole
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: John Burson
G. Soccer: Lisa Brown
Softball: Andy Villalobos
B. Swim: Ed Talbott
G. Swim: Ed Talbott
B. Tennis: Ron Peet x 6215
G. Tennis: Ron Peet x 6215
B. Track: Patrick King
G. Track: Patrick King
B. VB: Caroline Brandon
G. VB: Steve Antony
B. Water Polo: Ed Talbott
G. Water Polo: TBA
Wrestling: Ron Rogers

SAN PASQUAL ACADEMY

web: sanpasqualacademy.org
17701 San Pasqual Valley Road
Escondido, CA 92056
Ph: 760-233-6003
Fax: 760-233-6018
AD Fax: 760-504-0386
Southern Conference
San Diego County Office of Education
Coed/Four Years
Enrollment (9-12) = 110
Dragons
Silver/Black/Royal Blue
Direction: I-15 to Via Rancho Pkwy E. -
(becomes Bear Valley Pkwy) - R at San
Pasqual HS to Old Milky Way Rd to stop
sign - R onto Hwy 78 - about 3 mi on right.

tallison@sdcoe.net

Prin: Ron Major
rmajor@sdcoe.net
Prin Sec: Candie Meyers
meyers@sdcoe.net
AP: N/A
AD: Bob Manning 504-0386
coachmanning@hotmail.com
AD Sec: N/A
ASB: Michael Fenick
Finance: Candie Meyers
Cheer: TBA
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Bob Manning
B. BB: Bryan Moore
G. BB: Tia Moore
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: Bob Manning
B. Golf: DNF
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Mary Beacham
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

SAN YSIDRO

web: www.suhsd.k12.ca.us/syh
5353 Airway Road
San Diego, CA 92154
Ph: 619-710-2300
Fax: 619-710-2318
Metro Conference/South Bay
Sweetwater U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2420
Cougars
Sky Blue/Gold
Direction: I-805 S to 905 E. R - Caliente
Ave. Turn R - AirwayRd.

ADMINISTRATION

Prin: Hector Espinoza x 2304
hector.espinoza@suhsd.k12.ca.us
Prin Sec: Vanessa Figueroa
AP: Alejandra Inzunza
alejandra.inzunza@suhsd.k12.ca.us
AD: Gary Pugh 710-2344
gary.pugh@suhsd.k12.ca.us
AD Sec Alejandra Inzunza
ASB: Alejandra Inzunza
Finance: Maria Prince 710-2365
Cheer: Carla Love
Band: Tony Sacco 710-2300

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Ken Canche
B. BB: Terry Tucker
G. BB: Shanna Demus
B. XC: Ron Sayers
G. XC: TBA
Field Hockey: DNF
Football: Gary Pugh
B. Golf: Randy Hart
G. Golf: Ken Canche
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Mike Hovenic
G. Soccer: Kristina Hernandez
Softball: Laura Harper
B. Swim: Tom Grall
G. Swim: Tom Grall
B. Tennis: TBA
G. Tennis: TBA
B. Track: Ron Sayers
G. Track: TBA
B. VB: Sara Reimund
G. VB: Laura Harper
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: TBA

SANTA FE CHRISTIAN

web: www.sfcs.net
838 Academy Drive
Solana Beach, CA 92075
Ph: 858-755-8900
Fax: 858-350-9149
Coastal Conference/North
Private School
Coed/Four Years
Enrollment (9-12) = 357
Eagles
Red/Gold
Direction: I-5 to Loma Santa Fe Dr - W
to Stevens Ave. L on Stevens - L on
Academy Dr to top of hill - school on L.

ADMINISTRATION

Prin: Matt Hannan
mhannan@sfcs.net
Prin Sec: Glenda Lyons x 1022
AD: Ross Boucher x 1029
boucher@sfcs.net
AD Sec: Leslie Easterling x1038
leasterling@sfcs.net
Ath Trainer: Kristal Peterson
kpeterson@sfcs.net
ASB: Amy Kennard x2230
Finance: Billie Holt x 1006
Cheer: Julie Mazzola
Band: David Hall x 1032

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Don Mitchell
B. BB: Chad Bickley
G. BB: Eisha Bohman
B. XC: Travis Hobbs
G. XC: Travis Hobbs
Field Hockey: DNF
Football: Nick Ruscetta
B. Golf: Nick Ruscetta
G. Golf: Wendy Wisbon
Gymnastics: DNF
B. Lacrosse: Danny Kolts
G. Lacrosse: Suzanne Campaigne
Roller Hockey: DNF

B. Soccer: Carlos Calderson
G. Soccer: Chris Whyte
Softball: Darrell Enderlin
B. Swim: Shaun Kennard
G. Swim: Shaun Kennard
B. Tennis: Augustus Garcis
G. Tennis: Roxy Potter
B. Track: Chris Whyte
G. Track: Chris Whyte
B. VB: John Park
G. VB: Gail Malone
B. Water Polo: Shaun Kennard
G. Water Polo: Shaun Kennard
Wrestling: Isreal LoBue

SANTANA

web: www.guhsd.net/santana
9915 Magnolia Avenue
Santee, CA 92071
Ph: 619-956-0200
Fax: 619-449-9119
Grossmont Conference/Valley
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 1418
Sultans
Purple/Gold
Direction: Hwy 67 N to Prospect L. R
on Magnolia OR Hwy 52 E to Mast Blvd -
L on Mast to Magnolia (school on corner).

ADMINISTRATION

Prin: Tim Schwuchow 956-0211
tschwuchow@guhsd.net
Prin Sec: Sherry Bingham 956-0212
saase@guhsd.net
AP: Larry Oedewaldt 956-0221
AD: John Bobof 956-0381
jbobof@guhsd.net
AD Sec: Sandi King 956-0225
sking@guhsd.net
ASB: Melissa Hassell
Finance: Kristi Hines 956-0237
khines@guhsd.net
Cheer: Jackie Billings 956-0220
Band: TBA

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Jerry Henson
B. BB: Tim Barry
G. BB: Mark Tipton
B. XC: Bret Wilson
G. XC: Bret Wilson
Field Hockey: Danny Martinez
Football: Dave Gross
B. Golf: Jason Kay
G. Golf: Jason Kay
Gymnastics: Jennifer Edgil
B. Lacrosse: Jake Shannon
G. Lacrosse: Megan Lilien
Roller Hockey: DNF

B. Soccer: Luke Phillips
G. Soccer: Don Kurpiewski
Softball: Mike Bass
B. Swim: Eileen Bagg-Rizzo
G. Swim: Eileen Bagg-Rizzo
B. Tennis: John Lelevier
G. Tennis: Andrea Pino-Vlassis
B. Track: Bret Wilson
G. Track: Bret Wilson
B. VB: Michele Hilemon
G. VB: Karen Adams
B. Water Polo: Rod Bowen
G. Water Polo: Janelle Malueg
Wrestling: Mike Hobbs

SCRIPPS RANCH

web: www.sandi.net/srhs/
10410 Trenea Street
San Diego, CA 92131
Ph: 858-621-9020
Fax: 858-621-0646
City Conference/Western
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 2330
Falcons
Cardinal Red/White/Navy Blue
Direction: I-15 to Mira Mesa Blvd - E -
R on Scripps Ranch Blvd - R on Scripps
Lake Dr - L on Trenea St.

ADMINISTRATION

Prin: Kurt Madden
kmadden2@sandi.net
Prin Sec: Louise Merrithew x 1003
AP: John King x 1105
jking2@sandi.net
AD: Dennis Morrow x 1115
dmorrow@sandi.net
AD Sec: Donna Sawvelle x 1111
Ath Trainer: Whitney
whitney@sandi.net
ASB: Jen O'Connor x 4501
Finance: Vicki Davis x 1121
Cheer: Maren Sweeney x 4701
Band: Rusty Shedd x 4120

VARSITY HEAD COACHES

Badminton: Tom Crane
Baseball: Ryan Thompson
B. BB: Anthony Tucker
G. BB: Nancy Moyer
B. XC: Lori Grow/Colette Smirniotis
G. XC: Lori Grow/Colette Smirniotis
Field Hockey: Jane Morrill
Football: Sergio Diaz
B. Golf: Mikel Moran
G. Golf: Christy Serritela
Gymnastics: DNF
B. Lacrosse: Andrew Day
G. Lacrosse: Nick Holslag
Roller Hockey: Marc Lopez

B. Soccer: Hans Witzell
G. Soccer: Larry Pernicano
Softball: Mary Jo Griswold
B. Swim: James Tiffany
G. Swim: Colette Smirniotis
B. Tennis: Tom Hufford
G. Tennis: Tom Hufford
B. Track: TBA
G. Track: TBA
B. VB: Ronni Olsen
G. VB: Ronni Olsen
B. Water Polo: Victor Jensen
G. Water Polo: James Tiffany
Wrestling: Mark Trice

SERRA

web: serra.sandi.net
 5156 Santo Road
 San Diego, CA 92124
 Ph: 858-496-8342
 Fax: 858-571-3457
 City Conference/Eastern
 San Diego U.S.D.
 Coed/Four Years
 Enrollment (912) = 2094
 Conquistadors
 Gold/Brown/White

Direction: I-15 to Tierrasanta Blvd - continue East- Left on Santo Road.

ADMINISTRATION

Prin: Mike Jimenez x 201
 nmjimenez5@sandi.net
 Prin Sec: Wendy Fransk x 201
 wfransk@sandi.net
 AP: Josh Stepner x 222
 jstepner@sandi.net
 AD: Jonn Pisapia x 181
 jpisapia@sandi.net
 Admin Asst: Bridgette Brunetto
 ASB: Joe Schmidt
 Finance: Chi Seo x 234
 Cheer: Erin Danielson x 218
 Band: Steve Rea

VARSITY HEAD COACHES

Badminton: TBA
 Baseball: Brian Basteys
 B. BB: Jonn Pisapia
 G. BB: Ernie Biagioni
 B. XC: Jim Richards
 G. XC: Jim Richards
 Field Hockey: Laurie Berger
 Football: Brian Basteys
 B. Golf: Jarod Martin
 G. Golf: DNF
 Gymnastics: DNF
 B. Lacrosse: Todd Parker
 G. Lacrosse: Laurie Berger
 Roller Hockey: DNF

B. Soccer: Georges Nedellec
 G. Soccer: Elizabeth Ward
 Softball: Chris Herrin
 B. Swim: Suzie Fore
 G. Swim: Suzie Fore
 B. Tennis: Lorene Dabney
 G. Tennis: Lorene Dabney
 B. Track: Jonn Pisapia
 G. Track: Jonn Pisapia
 B. VB: Russ Dixon
 G. VB: Tammy Giusta
 B. Water Polo: Charlie Equals
 G. Water Polo: Charlie Equals
 Wrestling: Henry Blackwood

SOUTH BAY CHRISTIAN

web: www.sbuoc.org
 395 "D" Street
 Chula Vista, CA 91910
 Ph: 619-585-0600 x30
 Fax: 619-585-0319
 Free Lance
 Private School
 Coed/Four Years
 Enrollment (9-12) = 14
 Eagles
 Red/White/Blue

Direction: I-805 to Hwy 54 W to Highland - S to corner of 4th & D Streets.

ADMINISTRATION

Prin: Devereaux Lloyd x 34
 revdev@sbcglobal.net
 Prin Sec: Jackie Ortiz
 AP: George Nobbs x 29
 AD-Boys: George Nobbs
 geonobbs@aol.com
 AD-Girls: Sarah Chun
 kuuleialoha1@hotmail.com
 AD Sec: Janette Davis x 30
 ASB: Devereaux Lloyd x 34
 Finance: Jackie Ortiz
 Cheer: N/A
 Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: DNF
 B. BB: Tony Zuniga
 G. BB: Sarah Chun
 B. XC: DNF
 G. XC: DNF
 Field Hockey: DNF
 Football: DNF
 B. Golf: George Nobbs
 G. Golf: DNF
 Gymnastics: DNF
 B. Lacrosse: DNF
 G. Lacrosse: DNF
 Roller Hockey: DNF

B. Soccer: TBA
 G. Soccer: DNF
 Softball: DNF
 B. Swim: DNF
 G. Swim: DNF
 B. Tennis: Devereaux Lloyd
 G. Tennis: DNF
 B. Track: DNF
 G. Track: DNF
 B. VB: DNF
 G. VB: Sarah Chun
 B. Water Polo: DNF
 G. Water Polo: DNF
 Wrestling: DNF

SOUTHERN CALIFORNIA YESHIVA HIGH SCHOOL (SCY HIGH)

web: www.scyhigh.org
 3410 Mt. Acadia Blvd.
 San Diego, CA 92111
 Ph: 858-560-1818
 Fax: 858-560-8118
 Frontier League
 Private School
 All Boys/Four Years
 Enrollment (9-10) = 22
 Hawks
 Blue/White/Columbia Blue

Direction: Athletic contests held off site.

ADMINISTRATION

Prin: Sheldon Wolpoff
 principal@scyhigh.org
 Prin Sec: Jessica Anderson
 info@scyhigh.org
 AP: N/A
 AD: Ryan Woodard
 sports@scyhigh.org
 AD Sec: Jessica Anderson (see above)
 info@scyhigh.org
 ASB: N/A
 Finance: N/A
 Cheer: N/A
 Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: DNF
 B. BB: Ryan Woodard
 G. BB: DNF
 B. XC: Darrell Driskell
 G. XC: DNF
 Field Hockey: DNF
 Football: DNF
 B. Golf: DNF
 G. Golf: DNF
 Gymnastics: DNF
 B. Lacrosse: DNF
 G. Lacrosse: DNF
 Roller Hockey: DNF

B. Soccer: DNF
 G. Soccer: DNF
 Softball: DNF
 B. Swim: DNF
 G. Swim: DNF
 B. Tennis: Ryan Woodard
 G. Tennis: DNF
 B. Track: Darrell Driskell
 G. Track: DNF
 B. VB: DNF
 G. VB: DNF
 B. Water Polo: DNF
 G. Water Polo: DNF
 Wrestling: DNF

SOUTHWEST (I.V.)

web: www.eaglesnet.net
 2001 Ocotillo Avenue
 El Centro, CA 92243
 Ph: 760-336-4100
 Fax: 760-353-0467
 Southeastern Conference/Imperial Valley
 Central U.H.S.D.
 Coed/Four Years
 Enrollment (9-12) = 2256
 Eagles
 Purple/Vegas Gold

Direction: I-8 east - exit Imperial Ave N - turn left on Ocotillo - school on left side approx 6 blocks.

ADMINISTRATION

Prin: Danette Morrell 336-4290
 dmmorrell@cuhsd.net
 Prin Sec: Rita Figueroa 336-4240
 rfigueroa@cuhsd.net
 AP: Craig Lyon 336-4257
 AD: Craig Lyon 336-4257
 clyon@cuhsd.net
 AD Sec: Alma Jimenez 336-4220
 ajimenez@cuhsd.net
 ASB: Sergio Rubio 336-4215
 Finance: Diane Richmond 336-4249
 Cheer: Denise Harrison
 Band: Mark Mordasini 336-4262

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Sergio Rubio
 B. BB: Ruben Valenzuela
 G. BB: Joshua Razmus
 B. XC: Richard Bird
 G. XC: Richard Bird
 Field Hockey: DNF
 Football: David Drury
 B. Golf: AJ Escalera
 G. Golf: Chris Spanos
 Gymnastics: DNF
 B. Lacrosse: DNF
 G. Lacrosse: DNF
 Roller Hockey: DNF

B. Soccer: Rafael Contreras
 G. Soccer: Victor Arredondo
 Softball: Stephanie Niebla
 B. Swim: Nikie Lopez
 G. Swim: Nikie Lopez
 B. Tennis: Genaro Pineiro
 G. Tennis: Genaro Pineiro
 B. Track: David Obeso
 G. Track: Richard Bird
 B. VB: DNF
 G. VB: Leighann Sudduth
 B. Water Polo: DNF
 G. Water Polo: DNF
 Wrestling: Ismael Cordova

SOUTHWEST (S.D.)

web: www.suhsd.k12.ca.us/soh
 1685 Hollister Avenue
 San Diego, CA 92154
 Ph: 619-628-3023
 Fax: 619-423-8253
 Metro Conference/South Bay
 Sweetwater U.H.S.D.
 Coed/Four Years
 Enrollment (9-12) = 1952
 Raiders
 Cardinal Red/Gold

Direction: I-5 to Coronado Ave - straight ahead to Hollister Street.

ADMINISTRATION

Prin: Dr. Maria Armstrong
 maria.armstrong@suhsd.k12.ca.us
 Prin Sec: Pam Rose x 110
 pamela.rose@suhsd.k12.ca.us
 AP: Rich Carreon
 richard.carreon@suhsd.k12.ca.us
 AD: David Thompson 628-3023
 david.thompson@suhsd.k12.ca.us
 AD Sec: Robin Meglin 628-3190
 ASB: Mark Carpizo
 Finance: Robin Megling 628-3190
 Cheer: Dolly Charles 628-3023
 Band: Carlos Navarette 628-3023

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Tucker Pickett
 B. BB: Steve Selland
 G. BB: William Stewart
 B. XC: David Buse
 G. XC: Renata Bush
 Field Hockey: DNF
 Football: David Martinez
 B. Golf: Art Quesada
 G. Golf: Sean Seibel
 Gymnastics: DNF
 B. Lacrosse: DNF
 G. Lacrosse: DNF
 Roller Hockey: Jerry Nestterode

B. Soccer: Guillermo Medina
 G. Soccer: Marco Beltran
 Softball: Rob Russel
 B. Swim: John Carson
 G. Swim: John Carson
 B. Tennis: Tim Jefferies
 G. Tennis: TBA
 B. Track: David Thompson
 G. Track: Chris Tompkins
 B. VB: Jae Enginco
 G. VB: Tom Hernandez
 B. Water Polo: Jon Carson
 G. Water Polo: Jon Carson
 Wrestling: David Martinez

STEELE CANYON

web: N/A
12440 Campo Road
Spring Valley, CA 91978
Ph: 619-660-3500
Fax: 619-660-7198
Grossmont Conference/Hills
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2118
Cougars
Navy Blue/Cardinal

Direction: Hwy 94 E to Campo Rd to Cougar Canyon Dr - L into school.

ADMINISTRATION

Prin: Dr. Craig Rocha 619-660-3511
crocha@guhsd.net
Prin Sec: Vicki Ordway 660-3512
vordway@guhsd.net
AP: Al Love 619-660-3521
alove@guhsd.net
AD: Gary Stathas x 371
gstathas@guhsd.net
AD Sec: Kyla Richardson 660-3520
krichardson@guhsd.net
Athletic Trainer: Gil Saldivar
gsaldivar@guhsd.net
ASB: Drew Stewart
Finance: Julie Uto x 241
Cheer: Cheryl Acosta 619-985-1844

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Phil Mittry
B. BB: Derek Stephens
G. BB: Penny Smith
B. XC: Gary Stathas
G. XC: Pat Connolly
Field Hockey: DNF
Football: Ron Boehmke
B. Golf: Dan Pyle
G. Golf: Richard Harris
Gymnastics: Julian Friesen
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Noah Diaz
G. Soccer: Charlie Cleaves
Softball: Julie Bohe
B. Swim: Nic Maes
G. Swim: Stephanie Kuhns
B. Tennis: Jerry Segawa
G. Tennis: Jerry Segawa
B. Track: Gary Stathas
G. Track: Charles Tyler
B. VB: Gil Saldivar
G. VB: Mike Manthei
B. Water Polo: Wes Tart
G. Water Polo: Wes Tart
Wrestling: Dan Kida

SWEETWATER

web: www.suhsd.k12.ca.us/suh/
2900 Highland Avenue
National City, CA 91950
Ph: 619-474-9700
Fax: 619-474-7635
AD Fax: 619-477-7872
Metro Conference/South Bay
Sweetwater U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2724
Red Devils
Red/Gray/White/Black
Direction: I-5 to 24th St East - R at Highland Ave or I-805 to Sweetwater Rd W - R at Highland Ave.

ADMINISTRATION

Prin: Wes Braddock 474-9713
wes.braddock@suhsd.k12.ca.us
Prin Sec: Georgia Wapnowski
AP: Dave Mitrovich
david.mitrovich@suhsd.k12.ca.us
AD: Tim Latham 474-9734
robert.latham@suhsd.k12.ca.us
AD Sec: N/A
ASB: Dave Mitrovich
Finance: Chris Gonzalez 474-9751
Cheer: Cyndy Casas
Band: Patrick Doerr

VARSITY HEAD COACHES

Badminton: DNF
Baseball: TBA
B. BB: Jose Mendoza
G. BB: Heather Huckaby
B. XC: Tim Latham
G. XC: Craig Balsley
Field Hockey: DNF
Football: Tony Garcia
B. Golf: Don Howard
G. Golf: Don Howard
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: Yvonne Curtis

B. Soccer: Raul Galindo
G. Soccer: Roberto Bonilla
Softball: Yvonne Curtis
B. Swim: Gina Murrillo
G. Swim: Gina Murrillo
B. Tennis: David Cobian
G. Tennis: Robert Bonilla
B. Track: Tim Latham
G. Track: Tim Latham
B. VB: Erik Hernandez
G. VB: Eric Hernandez
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: TBA

TORREY PINES

web: www.tphs.net
3710 Del Mar Heights Rd, 92130
Ph: 858-755-0125
Fax: 858-481-0098
AD Fax: 858-259-6097
North County Conference/Avocado
San Dieguito U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2673
Falcons
Cardinal Red/Gold
Direction: From I-5: Del Mar Heights Road-E From I-15:56 Fwy East, exit (R) Carmel Country Rd, (R) Del Mar Heights Rd. just ahead on left

ADMINISTRATION

Prin: Brett Killeen x 2221
brett.killeen@sduhsd.net
AP: Rob Coppo
robert.coppo@sduhsd.net
AD: Anne Meigs x 2226
anne.meigs@sduhsd.net
AD Sec: Pam Brand x 2226
pbrand@sduhsd.net
Ath Trainer: Christina Scherr
christina.scherr@sduhsd.net
ASB: Scott Chodorow x 2060
Finance: Patricia Hargraves x 2297
Cheer: Scott Chodorow x 2060
Band: Amy Willcox x 2272

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Matt Chess
B. BB: John Olive
G. BB: Amanda Polidoro
B. XC: Brent Thorne
G. XC: Brent Thorne
Field Hockey: Kari DiGuilio
Football: Scott Ashby
B. Golf: Jay Pearlman
G. Golf: Larry Knabb
Gymnastics: Denise Sterger
B. Lacrosse: John Principi
B. Lacrosse: Amanda Bourquin
Roller Hockey: DNF

B. Soccer: Andy Hargreaves
G. Soccer: Dennis Costello
Softball: Jon Moore
B. Swim: Richard Contreras
G. Swim: Richard Contreras
B. Tennis: Anne Meigs x 2026
G. Tennis: Anne Meigs x 2026
B. Track: Mike Stevens
G. Track: Charlene Falcis-Stevens
B. VB: Jim Harrah
G. VB: Jim Harrah
B. Water Polo: Rob Tilburg
G. Water Polo: Heather Langridge
Wrestling: Jesse Mindlin

TRI-CITY CHRISTIAN

web: www.tccs.org
302 N. Emerald Drive
Vista, CA 92083
Ph: 760-806-8247
Fax: 760-806-9002
Coastal Conference/North
Private School
Coed/Four Years
Enrollment (9-12) = 307
Eagles
Cardinal Red/Navy Blue

Direction to Athletic Facilities:
I5 to Hwy 78 E or I-15 to Hwy 78 W.
Exit Emerald - go north.

ADMINISTRATION

Prin: Clark Gilbert x 209
clark.gilbert@tccs.org
AP: N/A
AD: Stan Bickley x 206
coachbickley@tccs.org
AD Sec: Teri Montano x 219
teri.montano@tccs.org
ASB: Kim Berg x 312
kim.berg@tccs.org
Finance: Michelle Cooke 630-8227x208
michelle.cooke@tccs.org
Cheer: Tina Blankenship x 312
Band: N/A

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Ken Bouchard
B. BB: Stan Bickley
G. BB: Stan Bickley
B. XC: Cheri Wengronowitz
G. XC: Cheri Wengronowitz
Field Hockey: DNF
Football: Rick Brown
B. Golf: Jack Demaree
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Cody Oreiro
G. Soccer: JD Dantas
Softball: Lisa Chappell
B. Swim: DNF
G. Swim: DNF
B. Tennis: Mindy Shipley
G. Tennis: Mindy Shipley
B. Track: Toby Myatt
G. Track: Toby Myatt
B. VB: Mike Bird
G. VB: Kristen Wright
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

UNIVERSITY CITY

web: www.universitycityhigh.org
6949 Genesee Avenue
San Diego, CA 92122
Ph: 858-457-3040
Fax: 858-458-9432
AD Fax: 858-452-6518
City Conference/Western
San Diego U.S.D.
Coed/Four Years
Enrollment (9-12) = 1851
Centurions
Navy/White/Columbia Blue
Directions: I-805 to 52 West or I-5 to 52 East - North on Genesee.

ADMINISTRATION

Prin: Michael Price
mprice1@sandi.net
Prin Sec: Barbara Prince x 201
bprince@sandi.net
AP: Emma Martinez x 205
emartinez1@sandi.net
AD: Edward Yandall x 243
eyandall@sandi.net
AD Sec: N/A
ASB: Donna Fallon x 153
Finance: Gail Newcomb x 208
gnewcomb@sandi.net
Cheer: Dana Macatantan 990-5076
Band: Michael Cummins x 233

VARSITY HEAD COACHES

Badminton: Robert Tu
Baseball: Joe Radovich
B. BB: Terry Stonebreaker
G. BB: Mary Ann McLaughlin
B. XC: Jim McCarthy
G. XC: Jim McCarthy
Field Hockey: Carrie Seery
Football: John Hutsel
B. Golf: Tara Howell
G. Golf: DNF
Gymnastics: DNF
B. Lacrosse: Bernard Steinberger
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Josh Conner
G. Soccer: Brandon Beall
Softball: Michael Roberts
B. Swim: Ty Lackey
G. Swim: Ty Lackey
B. Tennis: Bo Navarro
G. Tennis: Bonnie Newmark
B. Track: John Hutsel
G. Track: John Hutsel
B. VB: Brooke Choi
G. VB: David Lau
B. Water Polo: Ty Lackey
G. Water Polo: Ty Lackey
Wrestling: Jeret Needham

VALHALLA

web: Valhalla@guhsd.net
1725 Hillsdale Road
El Cajon, CA 92019
Ph: 619-593-5300
Fax: 619-588-9713
Grossmont Conference/Hills
Grossmont U.H.S.D.
Coed/Four Years
Enrollment (9-12) = 2127
Norseman
Orange/White

Directions: I-8 to 2nd St South
(becomes Jamacha Rd at Main St - L at
Hillsdale Rd.

ADMINISTRATION

Prin: Mary Beth Kastan 593-5312
mkastan@guhsd.net
AP: Sam Lund 593-5322
slund@guhsd.net
AD: Robert Wilson 593-5321
rwilson@guhsd.net
AD Sec: Debi McLean 593-5324
dmclean@guhsd.net
Ath Trainer: Megan Schutter
meganschutter@gmail.com
ASB: Jon Owens 593-5386
Finance: Connie Kaminsky 593-5337
Cheer: Connie Kaminsky
Band: Richard Almanza 593-5431

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Mike M. Wilson
B. BB: Keith Jackson
G. BB: TBA
B. XC: Carter Yarbrough
G. XC: Carter Yarbrough
Field Hockey: Keith Jackson
Football: Steve Sutton
B. Golf: Ken Garry
G. Golf: Ken Garry
Gymnastics: Debi Gooding
B. Lacrosse: TBA
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Brad Baughn
G. Soccer: Shane Martinez
Softball: Doug Hartung
B. Swim: Paige Small
G. Swim: Paige Small
B. Tennis: Don Ackerly
G. Tennis: Don Ackerly
B. Track: Jon Owens
G. Track: Jon Owens
B. VB: Doug Babington
G. VB: Doug Babington
B. Water Polo: Paige Small
G. Water Polo: Paige Small
Wrestling: Mike Perez/Mark Gerardi

VALLEY CENTER

web: www.vcpusd.net
31322 Cole Grade Road
Valley Center 92082
Ph: 760-751-5500
Fax: 760-751-5509
North County Conference/Valley
Valley Center-Pauma U.S.D.
Coed/Four Years
Enrollment (9-12) = 1431
Jaguars
Black/White/Teal

Directions: I-15 to Old Castle Rd East
until deadend. It becomes Lilac Dr. - L
on Valley Center Road - L on Cole Grade
Rd (3 1/2 miles on left)

ADMINISTRATION

Prin: Ron McCowan 751-5502
mccowan.ro@vcpusd.net
Prin Sec: Robin Macomber 751-5503
macomber.ro@vcpusd.net
AP: Dennis Zabinsky 751-5531
AD: Mike Cummings 751-5554
cummings.mi@vcpusd.net
AD Sec: Christa Baldwin x 2301
athletics.ja@vcpusd.net
Ath. Trainer: Akiko Yoshiyama
yoshiyama.ak@vcpusd.net
ASB: Rob Gilster x 401
Finance: Silvia Favela 751-5516
Cheer: Carli Morasco
Band: Christopher Hollyday x896

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Cliff Bernard
B. BB: Robert Purdy
G. BB: Tony Casillas
B. XC: Mike Cummings
G. XC: Mike Cummings
Field Hockey: Katy Moyneur
Football: Rob Gilster
B. Golf: Rick Darland
G. Golf: Jason Poole
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: TBA
Roller Hockey: DNF

B. Soccer: Robert Morales
G. Soccer: Eric Osterberg
Softball: John Scibilia
B. Swim: Christina Wisecarver
G. Swim: Christina Wisecarver
B. Tennis: Peter Skidmore
G. Tennis: Peter Skidmore
B. Track: Mike Cummings
G. Track: Mike Cummings
B. VB: Alan Dale
G. VB: Nathan Rendon
B. Water Polo: Kyle Kline
G. Water Polo: Kyle Kline
Wrestling: Clay Clifford

VINCENT MEMORIAL

web: N/A
525 West Sheridan Avenue
Calexico, CA 92231
Ph: 760-357-3461
Fax: 760-357-0902
Southern Conference
Diocese of San Diego
Coed/Four Years
Enrollment (9-12) = 271
Scots
Navy/White/Gold

Directions: I-8 E past El Centro to
Hwy 111 S - R at Hwy 98 - L to Cesar
Chavez Blvd - bear right to school.

ADMINISTRATION

Prin: Sister Lilia M. Barba, SJS
email: N/A
AP: Elva Ochoa 357-3461
AD: Jesus Gonzalez 357-3461
jmano07@hotmail.com
AD Sec: N/A
ASB: Astrid Roldan
Finance: Yvette Sanchez
Cheer: Eriam Islas
Band: Rodrigo Islas

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Phabian Gonzalez
B. BB: Peter Contreras
G. BB: Jesus Gonzalez
B. XC: Jesus Gonzalez
G. XC: Jesus Gonzalez
Field Hockey: DNF
Football: Dave Drury
B. Golf: Jesus Gonzalez
G. Golf: Jesus Gonzalez
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Carlos Barboza
G. Soccer: Juan Ridaura
Softball: Jesus Gonzalez
B. Swim: DNF
G. Swim: DNF
B. Tennis: Pel Garcia
G. Tennis: Pel Garcia
B. Track: Jesus Gonzalez
G. Track: Jesus Gonzalez
B. VB: DNF
G. VB: Art Sariego
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

VISTA

web: vusd.k12.ca.us/vhs.html
One Panther Way
Vista, CA 92084
Ph: 760-726-5611
Fax: 760-630-9738
North County Conference/Palomar
Vista U.S.D.
Coed/Four Years
Enrollment (9-12) = 3038
Panthers
Red/Black/White

Directions: I-5 to Hwy 78 E or I-15 to
Hwy 78 W - R Vista Village Dr - L South
Santa Fe - R Robier - L Panther Way.

ADMINISTRATION

Prin: Larry White x 71001
lwhite@vusd.k12.ca.us
Prin Sec: Debbie Riehle x 71001
AP: Ebon Brown x 7103
ebrown@vusd.k12.ca.us
AD: Pat Moramarco x 71011
pmoramar@vusd.k12.ca.us
AD Sec: Pattie Short
Ath Trainer: Michelle Hamilton
mhamilton@vusd.k12.ca.us
ASB: DJ Sosnowski
Finance: Karen Riedel x 71029
Cheer: Jennifer Grainger x 71793
Band: Neil Anderson x 71833

VARSITY HEAD COACHES

Badminton: DNF
Baseball: Rick Lepire
B. BB: Charlie Mercado
G. BB: Jennie Dillon
B. XC: Trevor Sybert
G. XC: Sonia Flores
Field Hockey: Gail Petty
Football: Dan Williams
B. Golf: Duff McGrath
G. Golf: Rick Lepire
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: Matt Stuckey
G. Soccer: Roger Leighton
Softball: Andy Cheek
B. Swim: Dave Spence
G. Swim: Dave Spence
B. Tennis: Shawn Roybal
G. Tennis: Shawn Roybal
B. Track: Trevor Sybert
G. Track: Trevor Sybert
B. VB: DNF
G. VB: Julie Kaiser
B. Water Polo: Dave Spence
G. Water Polo: Dave Spence
Wrestling: Chris Davis

WARNER

www.sdcoe.k12.ca.us/districts/warner
30951 Highway 79
mail: P.O. Box 8
Warner Springs, CA 92086
Ph: 760-782-3517
Fax: 760-782-0605
Southern Conference/Citrus
Warner U.S.D.
Coed/Four Years
Enrollment (9-12) = 77
Wildcats
Black/Green

Directions: I-15 to Hwy 76 east. Proceed
to Hwy 79 north. Go 7 miles north to
school.

ADMINISTRATION

Prin: Dr. Ron Koenig x 14
rkoenig@sdcoe.net
Prin Sec: Silvianna Gonsalves x14
sgonsalves@sdcoe.net
AP: None
AD: Howard Behrms x52
hbehrms@sdcoe.net
AD Sec: Ann Margret Vargas
amvargas@sdcoe.net
ASB: Jolanda DeLuca
Finance: Alice Marshall x 15
Cheer: Leticia Barron X10
Band: None

VARSITY HEAD COACHES

Badminton: DNF
Baseball: TBA
B. BB: Wally Zittle
G. BB: Mindy Wong
B. XC: DNF
G. XC: DNF
Field Hockey: DNF
Football: Wally Zittle
B. Golf: TBA
G. Golf: TBA
Gymnastics: DNF
B. Lacrosse: DNF
G. Lacrosse: DNF
Roller Hockey: DNF

B. Soccer: DNF
G. Soccer: DNF
Softball: TBA
B. Swim: DNF
G. Swim: DNF
B. Tennis: DNF
G. Tennis: DNF
B. Track: DNF
G. Track: DNF
B. VB: DNF
G. VB: Mindy Wong
B. Water Polo: DNF
G. Water Polo: DNF
Wrestling: DNF

WEST HILLS

web: whhs.guhsd.net
 8756 Mast Blvd.
 Santee, CA 92071
 Ph: 619-956-0400
 Fax: 619-562-9342
 Grossmont Conference/Hills
 Grossmont U.H.S.D.
 Coed/Four Years
 Enrollment (9-12) = 2227
 Wolf Pack/Wolf
 Silver/Blue/Black

Directions: I-52 east to Mast Blvd -
 East on Mast to school.

ADMINISTRATION

Prin: Pat Keeley
 pkeeley@guhsd.net
 Prin Sec: Kathy Fisher 956-0412
 AP: Dave Rios 956-0420
 drios@guhsd.net
 AD: Don Rutledge 956-0420
 drutledge@guhsd.net
 AD Sec: Susan Coffroth 956-0420
 scoffroth@guhsd.net
 Ath Trainer: Josh Reiderer
 jreiderer@guhsd.net
 ASB: Tanya Perich
 Finance: Kris Husseman 956-0437
 Cheer: Lorianne Davis 956-0430
 Band: Andy Nelson 956-0466

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Chris Baum
 B. BB: Jeff Armstrong
 G. BB: Ryan Kinser
 B. XC: Bill Cleves
 G. XC: Bill Cleves
 Field Hockey: DNF
 Football: Casey Ash
 B. Golf: Todd Peterson
 G. Golf: Jeff Armstrong
 Gymnastics: Tonya Summers
 B. Lacrosse: DNF
 G. Lacrosse: DNF
 Roller Hockey: Dennis Morris

B. Soccer: Russell Shubert, Jr.
 G. Soccer: Dave Ridenour
 Softball: Meagan Hartung
 B. Swim: Marsha Van Norman
 G. Swim: Marsha Van Norman
 B. Tennis: Jack Einbinder
 G. Tennis: Nathan Weldon
 B. Track: Chris Welter
 G. Track: Chris Welter
 B. VB: Jason Miner
 G. VB: Bert Novicio
 B. Water Polo: James Seals
 G. Water Polo: James Seals
 Wrestling: Justin Gigliotti

WESTVIEW

web: www.WestviewWolverines.com
 13500 Camino Del Sur
 San Diego, CA 92129
 Ph: 858-780-2000
 Fax: 858-780-2054
 North County Conference/Valley
 Poway U.S.D.
 Coed/Four Years
 Enrollment (9-12) = 2424
 Wolverines
 Black/Vegas Gold/White

Directions: I-5 to SR-56 East of 1-15 to
 SR-56 West, Exit Camino Del Sur, head North

ADMINISTRATION

Prin: Dawn Kastner x 3003
 dkastner@powayusd.com
 Prin Sec: Tina McDowell x 3005
 tmcowell@powayusd.com
 AP: Todd Cassen x 3011
 AD: Chris Carter x 3006
 ccarter@powayusd.com
 AD Sec: Amanda Marshall x 3007
 ammarshall@powayusd.com
 Ath Trainer: Monica Abeler
 mabeler@powayusd.com
 ASB: Laurie Norcross x 3268
 Finance: Laura Main
 Cheer: Janine Tompkins 619-206-7936
 Band: Jeri Webb x 3262

VARSITY HEAD COACHES

Badminton: DNF
 Baseball: Beau Champoux
 B. BB: Dave Delaney
 G. BB: Bob McHeffey
 B. XC: John Colson
 G. XC: John Colson
 Field Hockey: Kelli Gannon
 Football: Mike Woodward
 B. Golf: Dave Delaney
 G. Golf: Cathy Dow
 Gymnastics: Tracy Salmair
 B. Lacrosse: Simon Bernaldo
 G. Lacrosse: Kelsey Grover
 Roller Hockey: Mike Kurth

B. Soccer: Martin Coughlin
 G. Soccer: Peter Stogsdill
 Softball: Kimberly Carroll
 B. Swim: Jake Siegfried
 G. Swim: Jake Siegfried
 B. Tennis: Amy Cook
 G. Tennis: Suzie Engel
 B. Track: Tim Medlock
 G. Track: Tim Medlock
 B. VB: Steve McLaughlin
 G. VB: Nancy Ros
 B. Water Polo: Ian McKercher
 G. Water Polo: Amy Mora
 Wrestling: Perry Watson