

Fall Coaching Staff 2010-2011	
STAFF	E-MAIL
<u>Football</u>	
Varsity Head Coach - Joe Silvey	jsilvey@fuhdsd.net
Trace Deneke	tdeneke@fuhdsd.net
Kyle William	kwilliams@fuhdsd.net
Scott Foster	stalwartfoster@gmail.com
Junior Varsity Coach - Casey Sovacool	csovacool@fuhdsd.net
Junior Varsity Assistant-Tony Morrow (wo)	<a href="mailto:Tony Morrow <res1xo4b@verizon.net>">Tony Morrow <res1xo4b@verizon.net>
Frosh - Gregg Madden (wo)	greggmm@cox.net
John Drew	jdrew@fuhdsd.net
<u>Girl's Volleyball</u>	
Varsity - Peter Peng - Head Coach (wo)	peter@ivball.com
JV - Bri Raphael	bri.raaphael@gmail.com
Freshman - Miriam Gardner (wo)	miriam.gardner@yahoo.com
<u>Field Hockey</u>	
Varsity - Kathy Waite - Head Coach	kwaite@fuhdsd.net
Assistant - Kirsten Mueller (wo)(sub)	thekirstinmueller@yahoo.com
JV - Emily Kooyman (wo)	emluvsaussies@yahoo.com
Kandace Kooyman (wo)	
<u>Boy's Water Polo</u>	
Varsity - Bob Lamont(wo)	robert.lamont@navy.mil
JV - Ken Brower	kbrower@fuhdsd.net
Freshman - Sean Redmond(wo)	seanmary@aol.com
<u>Cross Country</u>	
Boy's Varsity - Marco Arias	marias@fuhdsd.net
JV - Tim Hauck	thauck@fuhdsd.net
Girl's Varsity - Troy Hamlin (wo)	coachtroyh@sbcglobal.net
JV - Lisa Hasvold(wo)	
<u>Girl's Tennis</u>	
Varsity - David Ramirez (wo)	davidlramirez@yahoo.com
JV - Randy Hicks	ranhicks2@aol.com
Linda Johnson (wo)(volunteer)	lindajohnson@cox.net
Mary Schaar (wo) (Volunteer)	
<u>Girl's Golf</u>	
Varsity - Neil Medlock	nmedlock@fuhdsd.net
Steve Jorde (assistant)(volunteer)	sjorde@fuhdsd.net
Winter Coaching Staff 2010-2011	
STAFF	

<u>Boy's Basketball</u>	
Varsity - Jeff Brandow	jbrandow@fuhsd.net
Varsity Assistant - Russ Keith	rkeith@fuhsd.net
John Kroeger	johnmkroeger@hotmail.com
JV - Mike West	mwest@fuhsd.net
JV - Chris Stanley Assistant (wo)	cgstanley@msn.com
Freshman - Bryan Gordon (wo)	bryangordon21@yahoo.com
<u>Girl's Basketball</u>	
Varsity - Dan Bachman - Head Coach	dbachman@fuhsd.net
JV - Chris Southard(wo)	cksouthard@roadrunner.com
Asst. - Scott Foster	stalwartfoster@gmail.com
Freshman - Miriam Gardner(wo)	miriam.gardner@yahoo.com
<u>Wrestling</u>	
Varsity Greg Wagaman - Head Coach(wo)	greg@bitfsports.com
Jacob Wagaman(wo)	
Marco Salazar (wo)	
Brett Jones (wo)	squeeks112lb@aol.com
<u>Girl's Soccer</u>	
Varsity - Kevin Koptieff(wo)	kevinkoptieff@yahoo.com
JV - Kelly Wherry(wo)	Wherr001@cougars.csusm.edu
Frosh - Courtney Drummond(wo)	drumm002@cougars.csusm.edu
<u>Boy's Soccer</u>	
Varsity - Omar Benjoud (wo)	soccerconnection@yahoo.com
Assistant for all - Anthony Sidley (volunteer)(wo)	
Frosh - Max McNeal	mmcmcneal@sbcglobal.net
JV - Jose Esquirel Alvarez(wo)	angel.lvrz@gmail.com
<u>Girl's Water Polo</u>	
Varsity - Bob Lamont(wo)	robert.lamont@navy.mil
JV - Ken Brower	kbrower@fuhsd.net
Freshman - Sean Redmond (wo)	seanmary@aol.com
Spring Coaching Staff 2010-2011	
STAFF	
<u>Baseball</u>	
Varsity Head Coach Mark DiBenedetti	markdibenedetti@gmail.com
Asst. Patrick Walker	pwalker@fuhsd.net
Frosh - Gregg Madden (wo)	greggmm@cox.net
Asst - Anthony Reynoso(wo)	
JV - Jack Fresca	jfresca@fuhsd.net
<u>Softball</u>	
Varsity - Shannon Koran (wo)	FallbrookHighSoftball@gmail.com;
Asst. - Patti Drew (wo)	FallbrookHighSoftball@gmail.com;
JV-Scott Foster	sfoster@fuhsd.net

Soph/Frosh -	
<u>Swimming</u>	
Boy's Varsity - Bill Richardson	brichardson@fuhsd.net
Girl's Varsity - Sean Redmond (wo)	seanmary@aol.com
Diving - Sean Redmond	seanmary@aol.com
Diving Volunteer - Terry Erard(wo)	t.erard@yahoo.com
Boy's and Girl's JV - Ken Brower	kbrower@fuhsd.net
<u>Track</u>	
Boy's Varsity - Marco Arias	marias@fuhsd.net
Asst. Coach - Shane Ames	thauck@fuhsd.net
Frosh coach - Casey Sovacool	csovacool@fuhsd.net
Girl's Varsity - Troy Hamlin(wo)	coachtroyh@sbcglobal.net
JV - Jim Curran	jcurran@fuhsd.net
Frosh Coach - Lisa Hasvold(wo)	
<u>Boy's Tennis</u>	
Varsity Bill Lenaway	blenaway@fuhsd.net
JV - Dan Knox	dknox@fuhsd.net
<u>Boy's Volleyball</u>	
Varsity - Dan Bachman	dbachman@fuhsd.net
JV - Roxanne	jbrandow@fuhsd.net
<u>Boy's Golf</u>	
Varsity- Steve Jorde	
Volunteer Asst - Ken Adams (wo)	
JV - Neil Medlock	nmedlock@fuhsd.net
<u>Gymnastics</u>	
Varsity - Janeva Sandavol (wo)	fhsgymnasts@gmail.com
Kayla Alonso(wo)	fhsgymnasts@gmail.com
<u>Lacrosse</u>	
Boy's Varsity - Neil Rodden	[mailto:nrod54@hotmail.com]