

COACHES CONTACT INFORMATION

2019 - 2020

Athletic Director – Mike Benbow
707-672-2587
mbenbow@fuhsdistrict.net

<u>SPORT</u>	<u>HEAD COACH</u>	<u>PHONE</u>	<u>EMAIL ADDRESS</u>
Baseball	Andy Olsen	223-3321	
Basketball – Girls	Scott Betts	599-1585	sbetts@fuhsdistrict.net
Basketball – Boys	Tony Miles	725-4461	tmiles@fuhsdistrict.net
Cheerleading	Rebecca Ivey	223-3103	
Cross Country	Jennifer Hayes Josh Quintal	497-4265 498-5933	jhayes@fuhsdistrict.net jquintal@fuhsdistrict.net
Football	Mike Benbow	672-2587	mbenbow@fuhsdistrict.net
Golf – Girls	Scott Betts	599-1585	sbetts@fuhsdistrict.net
Golf – Boys	TBD		
Soccer – Girls	Kathleen Lynch	498-9955	klynch@fuhsdistrict.net
Soccer – Boys	Daniel Holmes	499-5764	dholmes@fuhsdistrict.net
Softball	Eric Helms	616-4470	ehelms@fuhsdistrict.net
Tennis (Girls & Boys)	Robert Gearhart	834-5624	gearhart2000@hotmail.com
Track & Field - Girls	Josh Quintal	498-5933	jquintal@fuhsdistrict.net
Track & Field - Boys	Norm Sotomayor	845-4027	nsotomayor@fuhsdistrict.net
Volleyball	Lynsey Adams	845-5965	ladams@fuhsdistrict.net
Wrestling	Steven Stockdale	497-8046	sstockdale@fuhsdistrict.net