

COACHES CONTACT INFORMATION

2018 - 2019

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	TBD		
Basketball – Girls	Jesse Genaro	601-7430	
Basketball – Boys	Tony Miles	725-4461	tmiles@fuhsdistrict.net
Cheerleading	Rebecca Ivey	223-3103	
Cross Country	Jennifer Hayes	497-4265	jhayes@fuhsdistrict.net
	Josh Quintal	498-5933	jquintal@fuhsdistrict.net
Football	Mike Benbow	672-2587	mbenbow@fuhsdistrict.net
Golf – Girls	Scott Betts	725-4463	sbetts@fuhsdistrict.net
Golf – Boys	Alex Rump	725-4461	arump@fuhsdistrict.net
Soccer – Girls	Kevin O'Neil	499-1876	kevinoneil@gmail.com
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	Steve Schmalzel	502-4745	steaminiusies@yahoo.com