

**Thousand Oaks High School
Lancer Coaching Staff**

| Fall Sports | Head Coach | Email Address |
|----------------------|-------------------|--|
| Cross Country | Andrew Thompson | athompson@outlook.com |
| Football | Chris Casillas | ccasillas@conejousd.org |
| Girls Golf | Ryan Geisler | rgeisler@conejousd.org |
| Girls Tennis | Dave Assorson | Gassorson63@verizon.net |
| Girls Volleyball | James Park | tohsvolleyball@gmail.com |
| Boys Water Polo | Zach Graper | coachzachgraper@gmail.com |
| | | |
| Winter Sports | Head Coach | Email Address |
| Boys Basketball | Rich Endres | rendres@conejousd.org |
| Girls Basketball | Jenna Bandy | jenna.r.bandy@gmail.com |
| Boys Soccer | Mark Tietjen | Love2kickit@aol.com |
| Girls Soccer | Clay Cameron | Coach_clay@hotmail.com |
| Girls Water Polo | Antonio Pereles | antoniopolo9@hotmail.com |
| Wrestling | Dennis Ritterbush | dritterbush@lvusd.org |
| | | |
| Spring Sports | Head Coach | Email Address |
| Baseball | Jack Wilson | jax2will2@gmail.com |
| Diving | Kelly Abrams | kabrams@conejousd.org |
| Boys Golf | Jordan Daigneault | jdaigneault@conejousd.org |
| Boys Lacrosse | Mike Delabar | michaeldelabar@hotmail.com |
| Girls Lacrosse | | |
| Softball | John Monise | monise1@verizon.net |
| Swimming | Thomas Smith | tsmith@conejousd.org |
| Boys Tennis | Dave Assorson | Gassorson63@verizon.net |
| Track & Field | Tracy Spencer | t.spencer@sportsscholarshipsusa.co |
| Boys Volleyball | Seth Burnham | sburnham@conejousd.org |