



# SDHS CAVERS

ATHLETIC  
PROGRAMS

1405 Park Boulevard · San Diego, California 92101 · Phone (619) 525-7455 EXT. 2123 · Fax (619) 525-7259



## Fall Sports: mid August to mid November:

### **Cross Country (Boys'/Girls')**

*Coach: Ed Ramos*

*Contact: [eramos1@sandi.net](mailto:eramos1@sandi.net)*

### **Football**

*Coach: Charles James*

*Contact: [cjames@sandi.net](mailto:cjames@sandi.net)*

### **Golf (Girls')**

**(Girls play in the fall, boys in the spring)**

*Coach: Gary Matthews*

*Contact: [matthewsgary3@gmail.com](mailto:matthewsgary3@gmail.com)*

### **Tennis (Girls')**

*Coach: Chaz Griffin*

*Contact: [griffintennis@yahoo.com](mailto:griffintennis@yahoo.com)*

### **Volleyball (Girls')**

*Coach: Irene Mello*

*Contact: [imello@sdccd.edu](mailto:imello@sdccd.edu)*

## Winter Sports: mid November to mid February:

### **Basketball (Boys'/Girls')**

*Boys' Coach: Bazz Fontenot*

*Contact: [bazzketball@gmail.com](mailto:bazzketball@gmail.com)*

*Girls' Coach: Alvin Bird*

*Contact: [taalbird@sbcglobal.net](mailto:taalbird@sbcglobal.net) or 619-954-5257*

### **Soccer (Boys'/Girls')**

*Boys' Coach: Cedro Arc*

*Contact: [cedroarc@gmail.com](mailto:cedroarc@gmail.com)*

*Girls' Coach: Steve Lincoln*

*Contact: [stevelincolnsoccer@gmail.com](mailto:stevelincolnsoccer@gmail.com)*

### **Wrestling (Boys'/Girls')**

*Coach: Victor Aranda*

*Contact: [varanda@sandi.net](mailto:varanda@sandi.net)*

**Principal of SDHS: Daniza Montero**

*Contact: [dmontero@sandi.net](mailto:dmontero@sandi.net)*

**Athletic Director: Julie Blied**

*Contact: [jblied@sandi.net](mailto:jblied@sandi.net)*

**Cheer Coach: Alexandra Moncayo**

*Contact: [moncayo\\_alexandra@yahoo.com](mailto:moncayo_alexandra@yahoo.com)  
619-253-8272*

**ASB Advisor: Jose Diaz**

*Contact: [sdhscaverasb@gmail.com](mailto:sdhscaverasb@gmail.com)*



## Spring Sports: mid February to mid May:

### **Badminton**

*Coach: Christopher Furr*

*Contact: [c.furr23@gmail.com](mailto:c.furr23@gmail.com)*

### **Baseball**

*Coach: Will Mercado*

*Contact: [w.mercado9@gmail.com](mailto:w.mercado9@gmail.com)*

### **Golf (Boys')**

*Coach: Gary Matthews*

*Contact: [matthewsgary3@gmail.com](mailto:matthewsgary3@gmail.com)*

### **Lacrosse (Boys'/Girls')**

*Boys' Coach: Deron Ambler*

*Contact: [dambler@sandi.net](mailto:dambler@sandi.net)*

*Girls' Coach: Sydney Langelier*

*Contact: [Sydney.langelier@gmail.com](mailto:Sydney.langelier@gmail.com)*

### **Softball**

*Coach: TBD*

*Contact: TBD*

### **Swimming**

*Coach: Anne Armstrong*

*Contact: [aarmstrong@sandi.net](mailto:aarmstrong@sandi.net)*

### **Tennis (Boys')**

*Coach: Chaz Griffin*

*Contact: [griffintennis@yahoo.com](mailto:griffintennis@yahoo.com)*

### **Track & Field**

*Coach: Robert Dean*

*Contact: [rdean@sandi.net](mailto:rdean@sandi.net)*

### **Volleyball (Boys')**

*Coach: Irene Mello*

*Contact: [imello@sdccd.edu](mailto:imello@sdccd.edu)*