



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

Football

Coach: Charles James

Contact: cjames@sandi.net

Golf (Girls')

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

Coach: Gary Matthews

Contact: matthewsgary3@gmail.com

Tennis (Girls')

Coach: Chaz Griffin

Contact: griffintennis@yahoo.com

Volleyball (Girls')

Coach: Irene Mello

Contact: imello@sdcdd.edu

Winter Sports: mid November to mid February:

Basketball (Boys'/Girls')

Boys' Coach: Bazz Fontenot

Contact: bazzketball@gmail.com

Girls' Coach: Alvin Bird

Contact: taalbird@sbcglobal.net or 619-954-5257

Soccer (Boys'/Girls')

Boys' Coach: Cedro Arc

Contact: cedroarc@gmail.com

Girls' Coach: Steve Lincoln

Contact: stevelincolnsoccer@gmail.com

Wrestling (Boys'/Girls')

Coach: Victor Aranda

Contact: varanda@sandi.net

Principal: Francisca Del Carmen-Aguilar

Contact: fdelcarmen@sandi.net

Vice Principal of Athletics: Daniza Montero

Contact: dmontero@sandi.net

Athletic Director: Julie Blied

Contact: jblied@sandi.net

Cheer Coach: Alexandra Moncayo

Contact: moncayo_alexandra@yahoo.com

619-253-8272

ASB Advisor: Jose Diaz

Contact: sdhscaverasb@gmail.com



Spring Sports: mid February to mid May:

Badminton

Coach: Christopher Furr

Contact: c.furr23@gmail.com

Baseball

Coach: Will Mercado

Contact: w.mercado9@gmail.com

Golf (Boys')

Coach: Gary Matthews

Contact: matthewsgary3@gmail.com

Lacrosse (Boys'/Girls')

Boys' Coach: Deron Ambler

Contact: dambler@sandi.net

Girls' Coach: Sydney Langelier

Contact: Sydney.langelier@gmail.com

Softball

Coach: Enrique Rocha

Contact: E.rocha55@yahoo.com

619-540-7773

Swimming

Coach: Anne Armstrong

Contact: aarmstrong@sandi.net

Tennis (Boys')

Coach: Chaz Griffin

Contact: griffintennis@yahoo.com

Track & Field

Coach: Robert Dean

Contact: rdean@sandi.net

Volleyball (Boys')

Coach: Irene Mello

Contact: imello@sdcdd.edu