

FALL COACH LIST

Sport	Coach Name	Position	Coach Email
Cross Country Boys	Ross Widinski	Varsity Coach	rwidinski@lw210.org
Cross Country Girls	Wendy Hegarty	Varsity Coach	whegarty@lw210.org
Football	Rob Zvonar	Varsity Coach	rzvonar@lw210.org
	Joe Turek	Soph Coach	iturek@lw210.org
	Jack Eddy	Freshman Coach	jeddy@lw210.org
Golf- Boys	Jim Nair	Varsity Coach	jnair@lw210.org
	Dan Galligan	JV Coach	dgalligan@lw210.org
Golf- Girls	Mary McGivern	Varsity Coach	mmcgivern@lw210.org
	Don Young	JV Coach	dyoung@lw210.org
Soccer- Boys	Matthew Ribbens	Varsity Coach	mribbens@lw210.org
	Somer Strain	JV Coach	sstrain@lw210.org
	John Terry	Freshman Coach	jterry@lw210.org
Swim- Girls	Kate Gabey	Varsity Coach	kgabey@lw210.org
	Lauren Hurley	JV Coach	lhurley@lw210.org
	Kyle Graf	Dive Coach	
Tennis- Girls	Wes Cooley	Varsity Coach	wcooley@lw210.org
	Rich Kolimas	JV Coach	rkolimas@lw210.org
Volleyball- Girls	Kris Fiore	Varsity Coach	kfiore@lw210.org
	Megan Hackett	JV Coach	hackettm@comcast.net
	Sean Burns	Freshman Coach	Sburns@lw210.org
Cheerleading	Jayson Polad	Varsity Coach	jpolad@lw210.org
	Rachel Foster	JV Coach	rfoster@lw210.org
	Jennifer Stefan	Freshman Coach	jennifer.stefan2@gmail.com
Poms	Alicia Lamacki	Varsity Coach	alamacki@lw210.org
	Maggie Castrogiovanni	JV Coach	mcastrogiovanni@lw210.org
	Hannah Keating	Freshman Coach	hkeating@lw210.org

WINTER COACH LIST

Sport	Coach Name	Position	Coach Email
Competitive Cheer	Jayson Polad	Varsity Coach	jpolad@lw210.org
	Rachel Rodriguez	JV Coach	rrodriguez@lw210.org
	Jennifer Stefan	Freshman Coach	jennifer.stefan2@gmail.com
Basketball - Boys	Richard Kolimas	Varsity Coach	rkolimas@lw210.org
	Mike O'Hallaron	Asst Coach	mohalloran@d230.org
	Jon White	Sophomore Coach	jwhite@lw210.org
	Trevor Braynik	Freshman	tbraynik@lw210.org
Basketball- Girls	Jim Nair	Varsity Coach	jnair@lw210.org
	Jim Walter	Sophomore Coach	jwalter@psd202.org
	Brian Gibson	Freshman Coach	bgibson@lw210.org
Bowling- Boys	Dan Galligan	Varsity Coach	dgalligan@lw210.org
	Mike Franta	JV Coach	jfranta@lw210.org
Bowling - Girls	Carlie Premo	Varsity Coach	cpremo@lw210.org
	Shane Tucker	JV Coach	Stucker@lw210.org
Competitive Dance	Alicia Lamacki	Varsity Coach	alamacki@lw210.org
	Maggie Castrogiovanni	JV Coach	mcastrogiovanni@lw210.org
	Hannah Keating	Freshman Coach	hkeating@lw210.org
Gymnastics	Kory Thompson	Varsity Coach	KTHOMPSON@LW210.ORG
Swim - Boys	Steve Anderson	Varsity Coach	sanderson@lw210.org
	Ryan Lodes	JV Coach	rlodes@lw210.org
Wrestling	Kevin Rockett	Varsity Coach	krockett@lw210.org
	Tom Saindon	JV Coach	tsaindon@lw210.org
	Nick Walker	Freshman Coach	nwalker@lw210.org

SPRING COACH LIST

Sport	Coach Name	Position	Coach Email
Badminton	Steve Evenhouse	Varsity	mrevenhouse@gmail.com
	Josh Ruettiger	JV	jruettiger@lw210.org
	Mary McGivern	Freshman	mmcgivern@lw210.org
Baseball	Eric Brauer	Varsity	ebrauer@lw210.org
	Matt Murawski	Sophomore	matt@halobenefit.com
	Dan Galligan	Freshman	dgalligan@lw210.org
Soccer - Girls	Mike Murphy	Varsity	mmurphy@lw210.org
	John Terry	JV	jterry@lw210.org
	Somer Strain	Freshman	sstrain@lw210.org
Softball	Elizabeth Hyland	Varsity	ehyland@lw210.org
	Shane Tucker	JV	stucker@lw210.org
	Nick Walker	Freshman	nwalker@lw210.org
Tennis - Boys	Chris Olson	Varsity	cholson@lw210.org
	Mark Emola	JV	memola@lw210.org
Track Field - Boys	Ross Widinski	Varsity	rwidinski@lw210.org
Track Field - Girls	Brian Evans	Varsity	bevans@210.org
Volleyball - Boys	Kristopher Fiore	Varsity	krfiore@lw210.org
	Megan Hackett	Sophomore	hackettm@comcast.net
	Nicholas Schwieger	Freshman	nschwieger@lw210.org
Water Polo - Boys	Ryan Lodes	Varsity	rlodes@lw210.org
	Steve Anderson	JV	sanderson@lw210.org
Water Polo - Girls	Kendra Will	Varsity	kwill@lw210.org
	Stacy Lodes	JV	slodes@lw210.org