

# FALCON ATHLETICS

Sport	Name	Email
Athletic Director	Tim Lugo	tlugo@lgsuhd.org
Athletic Trainer	Liz Alves	lalves@lgsuhd.org
Strength and Conditioning	Kris Orre	korre@lgsuhd.org
PE Department Chair	Rick Ellis	rellis@lgsuhd.org
<b>FALL SPORTS</b>		
Cross Country Boys	Ian Tippets	coachitippets@lgsuhd.org
Cross Country Girls	Danny Moon	coachdmoon@lgsuhd.org
Varsity Field Hockey	Nanu Sidhu	coachnsidhu@lgsuhd.org
JV Field Hockey	Kam Sidhu	coachksidhu@lgsuhd.org
Varsity Football	Tim Lugo	tlugo@lgsuhd.org
F/S Football	Bryan Mazzone	coachbmazzone@lgsuhd.org
Golf Girls	Dave Gragnola	coachdgragnola@lgsuhd.org
Varsity Tennis Girls	Florin Marica	coachfmarica@lgsuhd.org
JV Girls Tennis	Yuko Aoki	yaoki@lgsuhd.org
Varsity Girls Volleyball	Steve Chiou	coachschiou@lgsuhd.org
JV Girls Volleyball	Chad Kingi	coachckingi@lgsuhd.org
Varsity Boys Water Polo	TBA	
F/S Boys Water Polo	Jem Taysi	coachjtaysi@lgsuhd.org
Varsity Girls Water Polo	Jerome Chung	coachjchung@lgsuhd.org
JV Girls Water Polo	Nick Berg	coachnberg@lgsuhd.org
<b>WINTER SPORTS</b>		
Varsity Boys Basketball	Patrick Judge	coachpjudge@lgsuhd.org
F/S Boys Basketball	Cory Southerland	cmsplumbing@comcast.net
Varsity Girls Basketball	Danny Wallace	dwallace@lgsuhd.org
JV Girls Basketball	Erick Rector	erector@lgsuhd.org
Varsity Boys Soccer	Chris Stott	chrisstottis@me.com
JV Boys Soccer	Kapanga Mchombo	kapanga.mchombo@prousasoccer.net
Varsity Girls Soccer	Ben Maxwell	coachbenmaxwell@gmail.com
JV Girls Soccer	Joe O'Hehir	coachjoeohehir@gmail.com
Varsity/JV Wrestling	Kirk Abe	kabe@lgsuhd.org
<b>SPRING SPORTS</b>		
Badminton	John Lee	
Varsity Baseball	Sean Hodson	sean.l.hodson@gmail.com
F/S Baseball	Craig Walsh	Cris_walsh@comcast.net
Golf Boys	Dave Gragnola	crunchgrag@yahoo.com
Varsity Boys Lacrosse	Trey Freeman	trey.freeman38@yahoo.com
Varsity Girls Lacrosse	Trey Freeman	trey.freeman38@yahoo.com
JV Girls Lacrosse	TBA	
Varsity Softball	Mike Davey	imperialpref@gmail.com
JV Softball	Barry Mills	millsb@att.net
Swimming	Mike Allegretti	mike@daca.org
Swimming	Christian Bonner	christianbonner@gmail.com

Varsity Boys Tennis	Florin Marica	fmarica@gmail.com
F/S Boys Tennis	Yuko Aoki	yaoki@lgsuhd.org
Track and Field	Archie Ljepava	Archie295124@yahoo.com
Varsity Boys Volleyball	TBA	
F/S Boys Volleyball	TBA	