

FALCON ATHLETICS

Sport	Name	Email
Athletic Director	Tim Lugo	tlugo@lgsuhd.org
Athletic Trainer	Liz Alves	lalves@lgsuhd.org
PE Department Chair	Rick Ellis	rellis@lgsuhd.org
FALL SPORTS		
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	TBA	
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	Sara Thistle	sthistle@lgsuhd.org
Varsity Boys Water Polo	Jerome Chung	coachjchung@lgsuhd.org
F/S Boys Water Polo	Alex Hsueh	coachahsueh@lgsuhd.org
Varsity Girls Water Polo	Melissa Hesselgrave	mhesselgrave@lgsuhd.org
JV Girls Water Polo	TBA	
WINTER SPORTS		
Varsity Boys Basketball	Patrick Judge	coachpjjudge@lgsuhd.org
F/S Boys Basketball	TBA	
Varsity Girls Basketball	Danny Wallace	dwallace@lgsuhd.org
JV Girls Basketball	Joshua Rivera	Joshua.riv32@gmail.com
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	Taylor Wilson	coachtwilson@lgsuhd.org
SPRING SPORTS		
Badminton	John Li	jl5428@gmail.com
Varsity Baseball	Sean Hodson	sean.l.hodson@gmail.com
F/S Baseball	Craig Walsh	Cris_walsh@comcast.net
Golf Boys	Dave Gragnola	coachdgragnola@lgsuhd.org
Varsity Boys Lacrosse	Trey Freeman	trey.freeman38@yahoo.com
Varsity Girls Lacrosse	TBA	
JV Girls Lacrosse	TBA	
Varsity Softball	Mike Davey	mdavey@lgsuhd.org
JV Softball	Barry Mills	millsb@att.net
Swimming	Mike Allegretti	mike@daca.org
Swimming	Christian Bonner	christiankbonner@gmail.com
Varsity Boys Tennis	Florin Marica	coachfmarica@lgsuhd.org

F/S Boys Tennis	Yuko Aoki	yaoki@lgsuhd.org
Track and Field	Archie Ljepava	archie295124@yahoo.com
Varsity Boys Volleyball	Brendan Wang	brendanwang415@gmail.com
F/S Boys Volleyball	TBA	