

2023-2024 Coaching List

Cross country	Cara Harland	Kelly Pinkerton	
Vball- atomic	Kristel Sproll		
Vball-Tier 2 Boys	Kristel Sproll	Stephanie Stern	
Vball- Tier 2 Girls	Melanie Daligdig	*Trish Perry	
Vball- Tier 1 Boys	Emily Glowa	Stuart Fleury	
Vball- Tier 1 Girls	Carmen Bonnici		
Basketball- atomic	Andrew Glowa	Emily Glowa	
Basketball- Tier 2 boys	Andrew Glowa	Ryan Henderson	
Basketball- Tier 2 girls	Scott Dempster	Myriame Orloff	
Basketball- Tier 1 Boys	Vasilios Kavadas	Choe Sesay	
Basketball- Tier 1 Girls	*Shanice Williams	*Mikaela Collins	Laurel Copeland
Outdoor Track	Kristel Sproll (run)	Emily Glowa (throw)	Brent Schmidt (jump)
Badminton- Tier 1	Carmen Bonnici	Emily Glowa	
Badminton- Tier 2	Stuart Fleury	Kristel Sproll	
Beach Volleyball	Carmen Bonnici	Kristel Sproll	
Flag Rugby	Ryan Henderson		