



# LA COSTA CANYON HIGH SCHOOL

## MAVERICK ATHLETICS

### 2009 - 2010

We invite you to be a part of the Maverick tradition. We encourage Mavericks to get involved in activities and to do their best in the classroom. We recommend that a student-athlete participate in sports during all four years of their high school career. This is a great opportunity to be in as many sports as possible to find out about your skills as an athlete. **DO YOUR BEST!**

#### BOYS' SPORTS – VARSITY COACHES

#### GIRLS' SPORTS – VARSITY COACHES

**FALL SEASON**  
Mid-August thru  
November

**FOOTBALL** – Darrin Brown x 6186  
(Varsity, Junior Varsity, Freshmen)  
lcfootball@sduhsd.net

**FIELD HOCKEY** – Carly Sweeney  
(Varsity, Junior Varsity)  
carly.sweeney5@gmail.com

**Sports packets due  
By August 1st**

**CROSS COUNTRY** – Bill Vice x 6263  
(Varsity, Junior Varsity)  
Bill.Vice@sduhsd.net

**CROSS COUNTRY** – Bill Vice x 6263  
(Varsity, Junior Varsity)  
Bill.Vice@sduhsd.net

**WATER POLO** - Kevin Craig  
(Varsity, Junior Varsity)  
KevinRCraigUCLA@roadrunner.com

**VOLLEYBALL** – Pat McDougall  
(Varsity, Junior Varsity, Freshmen)  
mcdougallpat@yahoo.com

**TENNIS** – Marc Sandknop x 6274  
(Varsity, Junior Varsity)  
Marc.Sandknop@sduhsd.net

**GOLF** - Steve Armstrong (760) 753-6491 x5616  
(Varsity)  
Steve.Armstrong@sduhsd.net

**WINTER SEASON**  
November thru  
February

**BASKETBALL** – David Cassaw x 6210  
(Varsity, Junior Varsity, Freshmen)  
David.Cassaw@sduhsd.net

**BASKETBALL** - John Labeta x 6007  
(Varsity, Junior Varsity, Novice)  
John.Labeta@sduhsd.net

**Sports packets due  
By November 1st**

**SOCCER** – David Cohen  
(Varsity, Junior Varsity, Freshmen)  
necksnbax@hotmail.com

**SOCCER** – Mike Marvil x 6290  
(Varsity, Junior Varsity, Freshmen)  
Mike.Marvil@sduhsd.net

**WRESTLING** – Dwayne Buth x 6451  
(Varsity, Junior Varsity, Freshmen)  
Dwayne.Buth@sduhsd.net

**WATER POLO** - Joe Cohen  
(Varsity, Junior Varsity, Novice)  
lcctrack@gmail.com

**SPRING SEASON**  
Mid-February thru  
May

**BASEBALL** – Justin Machado x 6198  
Varsity, Junior Varsity, Freshmen)  
Justin.Machado@sduhsd.net

**GYMNASTICS** – Jessica Garrett  
(Varsity, Junior Varsity)  
jessicagarrett760@yahoo.com

**Sports packets due  
By February 1st**

**SWIM** – To be determined  
(Varsity, Junior Varsity)

**SWIM** – To be determined  
(Varsity, Junior Varsity)

**GOLF** – Steve Armstrong - (760) 753-6491 x 5616  
(Varsity)  
Steve.Armstrong@sduhsd.net

**LACROSSE** - Dallas Hartley x 6259  
(Varsity, Junior Varsity)  
lccmenslacrosse@sduhsd.net

**LACROSSE** - Katie Dolan  
(Varsity, Junior Varsity)  
katedolan1@yahoo.com

**TRACK** – Joe Cohen  
(Varsity, Junior Varsity)  
lcctrack@gmail.com

**TRACK** – Joe Cohen  
(Varsity, Junior Varsity)  
lcctrack@gmail.com

**TENNIS** – Marc Sandknop x 6274  
(Varsity, Junior Varsity)  
Marc.Sandknop@sduhsd.net

**SOFTBALL** – Mike Hill  
(Varsity, Junior Varsity, Novice)  
michaelshill@roadrunner.com

**VOLLEYBALL** – Mark Brubaker x 6119  
(Varsity, Junior Varsity, Novice)  
Mark.Brubaker@sduhsd.net

**ATHLETIC TRAINER** – Catherine Bates x 6034

La Costa Canyon High School competes in the Avocado League which also includes: Escondido, Fallbrook, Mission Hills, San Pasqual, and Torrey Pines.

**JOHN LABETA, ATHLETIC DIRECTOR**

John.Labeta@sduhsd.net

PHONE: (760) 436-6136 x 6007

FAX: (760) 943-3544

8/15/2009