

LA COSTA CANYON HIGH SCHOOL MAVERICK ATHLETICS 2022-2023

FALL SEASON (AUGUST-NOVEMBER)

BOYS VARSITY COACHES

FOOTBALL: Sean Sovacool (Varsity, JV, Freshman)
Sean.Sovacool@sduhsd.net
www.lccfootball.com

CROSS COUNTRY: Beth Niednagel (Varsity, JV)-Boys and Girls
coachniednagel@gmail.com
www.lccxc.com

WATER POLO: Grant Harrington (Varsity, JV, Novice)
grant.harrington12@gmail.com
<http://www.lccaquatics.com/boys-water-polo.html>

GIRLS VARSITY COACHES

FIELD HOCKEY: Kari DiGiulio(Varsity)
kari.digiulio@sduhsd.net Instagram: @lccfieldhocky
Caitlin Solomon (JV) caitlin.solomon@sduhsd.net

VOLLEYBALL: Marc Lomeil (Varsity, JV)
lccgirlsvolleyball@gmail.com
lccshgsvb.weebly.com

TENNIS: Paul Hartman (Varsity)
paulhartman@gmail.com

GOLF: Matt McCullough (Varsity)
Matthew.McCullough@sduhsd.net

CHEER: Alicia Frumentti (Varsity, JV)
alicia.frumentti@gmail.com

WINTER SEASON (NOV.- FEB.)

BASKETBALL: David Cassaw (Varsity, JV, Freshman)
David.Cassaw@sduhsd.net

SOCCER: Craig Dean (Varsity, JV, Freshman)
craigdean1999@yahoo.com

WRESTLING: Dwayne Buth (Varsity, JV, Freshman)
Dwayne.Buth@sduhsd.net

BASKETBALL: Estevan Hernandez (Varsity)
coach.stevenhernandez@gmail.com

SOCCER: Ryan Morissey(Varsity, JV, Freshmen)
rmorissey21@gmail.com

WATER POLO: Sean Joy (Varsity, JV, Novice)
lccgwp@gmail.com

SPRING SEASON (MID FEB-MAY)

BASEBALL: Justin Machado (Varsity, JV, Freshman)
Justin.Machado@sduhsd.net

SWIM & DIVE: Don Miralle (Varsity B/G)
donald@donald.miralle.com

GOLF: Casey Sovacool (Varsity)
Casey.sovacool@sduhsd.net

LACROSSE: Kevin Cooper (Varsity)
kcooper@lccclax.com

VOLLEYBALL: Mark Brubaker (Varsity)
Mark.Brubaker@sduhsd.net

GYMNASTICS: Michaela McNaught- Davis Hess
mkmcndh@sbcglobal.net

SOFTBALL: Julie Neubauer (Varsity)
julie.neubauer@sduhsd.net

TENNIS: Paul Hartman (Varsity)
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LACROSSE: Casey Belitz (Varsity, JV)
casey.belitz@sduhsd.net

TRACK & FIELD (B/G): Gregg Simmons (V/JV)
simmonsspeed@gmail.com

ATHLETIC TRAINER: Matt Scanlin
matthew.scanlin@sduhsd.net

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