

CRYSTAL LAKE CENTRAL HIGH SCHOOL

Home of the Tigers

Fall Head Coaches

Sport	Head Coach	Email Address	Tryouts/Practice Begins
Football	Matt MacCrindle	mmaccrindle@d155.org	August 11th
Girls Flag Football	Joe Capalbo	jcapalbo@d155.org	August 11th
Boys Cross Country	Judd Shutt	jshutt@d155.org	August 11th
Girls Cross Country	Brett Willhoit	bwillhoit@d155.org	August 11th
Boys Golf	Matt LePage	mlepage@d155.org	August 11th
Girls Golf - CLC Coop	Kyle McCaughn	kmccaughn@d155.org	August 11th
Boys Soccer	Leah Rutkowski	lrutkowski@d155.org	August 11th
Girls Swimming - CLS Coop	John Valentine	jvalentine@d155.org	August 11th
Girls Tennis	Cory Osterberg	costerberg@d155.org	August 11th
Girls Volleyball	Amy Johnson	ajohnson@d155.org	August 11th

Fall/Winter Head Coaches

Sport	Head Coach	Email Address	Tryouts Begin
Cheerleading	Alexa Kritikos	akritikos@d155.org	April 17, 2025
Dance Team	Isabelle Crounse	iyumping@d155.org	May 5, 2025

Winter Head Coaches

Sport	Head Coach	Email Address	Tryouts/Practice Begins
Boys Basketball	Brian Seaver	bseaver@d155.org	November 10th
Girls Basketball	Joe Capalbo	jcapalbo@d155.org	November 3rd
Wrestling	Justen Lehr	jlehr@d155.org	November 10th
Boys Indoor Track	Jon Byham	jbyham@d155.org	January 19th
Girls Indoor Track	Brett Willhoit	bwillhoit@d155.org	January 19th
Girls Gymnastics - PR Coop	Lexi Redmond	lexi@clgtc.com	November 10th
Boys Swimming - CG Coop	Scott Lattyak	slattyak@d155.org	November 24th

Spring Head Coaches

Sport	Head Coach	Email Address	Tryouts/Practice Begins
Baseball	Cal Aldridge	caldridge@d155.org	March 2nd
Boys Track	Jon Byham	jbyham@d155.org	March 2nd
Boys Tennis	Cory Osterberg	costerberg@d155.org	March 2nd
Girls Soccer	Leah Rutkowski	lrutkowski@d155.org	March 2nd
Girls Track	Brett Willhoit	bwillhoit@d155.org	March 2nd
Softball	Brian Strombom	bstrombom@d155.org	March 2nd
Girls Lacrosse - CLC Coop	Joe Capalbo	jcapalbo@d155.org	March 2nd
Boys Lacrosse	Leo Zimmerman	lzimmerman@d155.org	March 2nd



Athletic Director: Ted Juske	tjuske@d155.org
Summer Asst AD: Cal Aldridge	caldridge@d155.org
Fall Asst AD: Cal Aldridge	caldridge@d155.org
Fall Asst. AD: Dan Badgley	dbadgley@d155.org
Winter Asst AD: Matt MacCrindle	mmaccrindle@d155.org
Spring Asst. AD: Laura Jensen	ljensen@d155.org
Spring Asst. AD: Dan Aloisio	daloisio@d155.org
Athletic Secretary: Brandee Iversen	biversen@d155.org
Athletic Trainer: Danielle Tebbe	dtebbe@d155.org