

Sport	Level	Season	Coach	Contact Info
Baseball - Boys	Varsity	Spring	Phil Mahlik	pmahlik@shsd.org
Baseball - Boys	JV	Spring	Justin Kaufman	jkaufman@shsd.org
Baseball - Boys	Freshman	Spring	Vincent Putignano	Vputignano@shsd.org
Basketball – Boys	Varsity	Winter	Alec Johnson	amjohnson@shsd.org
Basketball – Boys	JV	Winter	Mickey Gilberti	Mickeyg439@gmail.com
Basketball – Boys	Freshman	Winter	Tim Zangara	tzangara@shsd.org
Basketball – Girls	Varsity	Winter	Brett Bisconti	bbisconti@shsd.org
Basketball – Girls	JV	Winter	Jeremy Palmieri	jpalmieri@shsd.org
Basketball – Girls	Freshman	Winter	Alexa Lavalle	alavalle@shsd.org
Cheerleading	Varsity	Fall	Leslie O'Connor	loconnor@shsd.org
Cross Country – Boys & Girls	Varsity	Fall	David Szostak	dszostak@shsd.org
		Volunteer	Caroline McDowell	cmcdowell@shsd.org
Cross Country – Boys & Girls	JV	Fall	Alyssa Samson	asamson@shsd.org
Fencing – Boys & Girls	Varsity/JV	Winter	Steven Olsen	solson1776@gmail.com
			Asst: TBA Asst: TBA	
Field Hockey – Girls	Varsity	Fall	Sarah Falzarano	sfalzarano@shsd.org
Field Hockey – Girls	JV	Fall	Alexa LaValle	alavalle@shsd.org
Field Hockey – Girls	Freshman	Fall	Jessica Tynan	jtynan@shsd.org
Football –Boys	Varsity	Fall	Jon Simoneau,	jsimoneau@shsd.org
			Assistant: Dave Carmon	dcarmon2@shsd.org
			Volunteers: Jon Maddaluna	jmaddaluna@shsd.org
			Chris Kulcsar	ckulcsar@shsd.org
			Chris Shilts	cshilts@shsd.org

			Brendan O'Reilly Zach Lakatos	boreilly2@shsd.org zlakatos@shsd.org
Football – Boys	JV	Fall	Ryan McCullough Kyle Wierzbicki	rmccullough@shsd.org kwierzbicki@shsd.org
Football – Boys	Freshman	Fall	Steve Masoti Mike Filieri	smasoti@shsd.org mfilieri@shsd.org
Golf – Boys	Varsity	Spring	Daniel Spautz	dspautz@shsd.org
Golf-Boys	JV	Spring	Paul Manore	pmanore@shsd.org
Ice Hockey – Boys	Varsity JV	Winter	Daniel Spautz TBD	dspautz@shsd.org
Lacrosse – Boys	Varsity	Spring	TBD Volunteers: Matt Femenella,	mfemenella@shsd.org
Lacrosse – Boys	JV	Spring	Gil Thompson	gthompson@shsd.org
Lacrosse – Boys	Freshman	Spring	Tim Zangara	tzangara@shsd.org
Lacrosse – Girls	Varsity	Spring	Kelsey Ryan Volunteer: Kaitlin Sleight	kryan@shsd.org ksleight@shsd.org
Lacrosse – Girls	JV	Spring	Alyssa Samson	asamson@shsd.org
Lacrosse – Girls	Freshman	Spring	Tyler Nadolny	tnadolny@shsd.org
Ski Racing	Varsity/JV	Winter	KC Lister Volunteer: Roger Lister	klister@shsd.org rlister@shsd.org
Soccer – Boys	Varsity	Fall	Joe LaSpada Volunteer: Ian Joyce (M/W)	jlaspada@shsd.org ijoyce@shsd.org
Soccer – Boys	JV	Fall	Fernando Rivera	frivera2@shsd.org
Soccer – Boys	Freshman	Fall	Tim Zangara	tzangara@shsd.org
Soccer – Girls	Varsity	Fall	Derek Boudreau	dboudreau@shsd.org

		Volunteer	Chris Habermas	chabermas@shsd.org
Soccer – Girls	JV	Fall	Macklin Fritsche	mxfritsche@gmail.com
Soccer – Girls	Freshman	Fall	Salome Chaffee	schaffee@shsd.org
Softball – Girls	Varsity	Spring	Leslie O'Connor	loconnor@shsd.org
Softball - Girls	JV	Spring	Alexa Lavalle	alavalle@shsd.org
Softball – Girls	Freshman	Spring	Jeremy Palmieri	jpalmieri@shsd.org
			Megan Froysland	mfroysland@shsd.org
Swimming – Boys & Girls	Varsity/JV	Winter	Doug Voight	dvoight@shsd.org
			Assistant: Kathryn Cummings	kcummings@shsd.org
Tennis – Boys	Varsity	Spring	Derek Boudreau	dboudreau@shsd.org
Tennis – Boys	JV	Spring	Doug Voight	dvoight@shsd.org
Tennis – Girls	Varsity	Fall	Elizabeth St. Ours	estours@shsd.org
Tennis – Girls	JV	Fall	Doug Voight	dvoight@shsd.org
Track & Field –Girls	Varsity/JV	Spring	David Szostak	dszostak@shsd.org
Track & Field – Boys	Varsity/JV	Spring	Dave Carmon	dcarmon2@shsd.org
			Assistant - Michael Filieri	mfilieri@shsd.org
			Assistant - Jess Tynan	jtynan@shsd.org
			Caroline McDowell	cmcdowell@shsd.org
Track – Boys & Girls	Varsity/JV	Winter	David Szostak	dszostak@shsd.org
			TBD	
			Caroline McDowell	cmcdowell@shsd.org
Volleyball	Varsity	Fall	Rick Gajewski	rgajewski@shsd.org
	JV		Tyler Nadolny	tnadolny@shsd.org

	Freshman		TBA	
Wrestling – Boys	Varsity	Winter	Michael Filieri	mfilieri@shsd.org
Wrestling – Boys	JV	Winter	Pat Reilly	priley@shsd.org
Open Gym		Fall	Jeff Falzarano,	ifalzarano@shsd.org
		Winter	Kyle Wierzbicki	kwierzbicki@shsd.org
		Spring	Kyle Wierzbicki	Kwierzbicki@shsd.org
Assistant AD		Fall	Paul Manore	pmanore@shsd.org
			Jeremy Palmieri	jpalmieri@shsd.org
		Winter	Paul Manore	pmanore@shsd.org
			Amy Paterno	apaterno@shsd.org
		Spring	Alec Johnson	ajohnson@shsd.org
			Amy Paterno,	apaterno@shsd.org
Athletic Trainer			James Horan	athletictrainer@shsd.org
Weight Training		Summer	Jon Simoneau	jsimoneau@shsd.org

BMS Sports	Level	Season	Coach	Contact Info
FALL				
Cross Country	Head	Fall	Anne O'Halloran	ahalloran@shsd.org
	Assistant	Fall	Cassie Incledon	cincledon@shsd.org
Field Hockey	Head	Fall	Amy Paterno	apaterno@shsd.org
	Assistant	Fall	Carolyn Sheehan	csheehan@shsd.org
Soccer-Boys	Head	Fall	Kevin Koch	kkoch@shsd.org
	Assistant	Fall	Jose Daben	jdaben@shsd.org
Soccer-Girls	Head	Fall	Daniel Spautz	dspautz@shsd.org
	Assistant	Fall	Phil Mahlik	pmahlik@shsd.org
WINTER				
Basketball-Boys	Head	Winter	Phil Mahlik	pmahlik@shsd.org
	Assistant	Winter	Jon Simoneau	jsimoneau@shsd.org
Basketball-Girls	Head	Winter	Leslie O'Connor	loconnor@shsd.org
	Assistant	Winter	Lauren Brown	lbrown@shsd.org
Wrestling	Head	Winter	Tim Bayles	Baylest84@yahoo.com
	Assistant	Winter	Tyler Nadolny	tylerinadolny@gmail.com
SPRING				
Baseball	Head	Spring	Jon Simoneau	jsimoneau@shsd.org
	Assistant	Spring	TBD	
Softball	Head	Spring	Patrick McNamara	prmcnamara@gmail.com
	Assistant	Spring	Deanna Liotard	Dliotard4@gmail.com
Track-Boys	Head	Spring	Joe LaSpada	jlaspada@shsd.org
Track-Girls	Head	Spring	Anne O'Halloran	aohalloran@shsd.org
Track-B/G	Assistant	Spring	TBA	