

Paloma Valley High School
Instagram @ Paloma Valley
Athletic Director: Justin Marquis - justin.marquis@puhsd.org
Secretary: Annette Blount - annette.blount@puhsd.org

Sport	Coach	E-mail	Instagram
Fall Sports Season (Aug. – Nov.)			
Boys Cross Country	Joe Ellett (J110)	joe.ellet@puhsd.org	@pvhsrunxc
Girls Cross Country	Rebekkah Ouk (R105)	rebekkah.ouk@puhsd.org	@pvhsrunxc
Football	Juan Merida (PE)	juan.merida@puhsd.org	@palomavalley.fb
Girls Golf	Chuck Kemp (J206)	charles.kemp@puhsd.org	
Girls Tennis	TBD	TBD	
Girls Volleyball	Stephen Kaas (J108)	stephen.kaas@puhsd.org	@pvhs.vb
Boys Water Polo	Mikaylah Harder	mikaylah.harder@puhsd.org	
Cheer/Song	Parris Schuyler	parris.schuyler@puhsd.org	Cheer: @pvcheerleading and @pvhsptom
Winter Sports Season (Nov. – Feb.)			
Boys Basketball	Derrick O’Neil	derrick.oneil@puhsd.org	@palomavalleybasketbal
Girls Basketball	Nicolas Pardue (J208)	nicolas.pardue@puhsd.org	
Boys Soccer	Carlos Duran	carlos.duran@puhsd.org	@pvhsboysoccer
Girls Soccer	Katelyn Fregosi (E102)	katelyn.fregosi@puhsd.org	@pvhsgirlssoccer
Boys and Girls Wrestling	Luis Robles	luis.robles@puhsd.org	@paloma_valley_wrestling
Girls Water Polo	Joe Ellett (J110)	joe.ellet@puhsd.org	@pvhs.gwp
Competition Cheer	Parris Schuyler	parris.schuyler@puhsd.org	@pvcheerleading and @pvhsptom
Spring Sports Season (Feb. – May)			
Baseball	Jason Berni (J115)	jason.berni@puhsd.org	@palomavalleybaseball
Softball	Ray Arredondo	raymond.arredondo@puhsd.org	@palomavalleysoftball2025
Boys Track & Field	Juan Merida (PE)	juan.merida@puhsd.org	@pvhs.trackandfield
Girls Track & Field	Rebekkah Ouk (R105)	rebekkah.ouk@puhsd.org	@pvhs.trackandfield
Boys Golf	Chuck Kemp (J206)	charles.kemp@puhsd.org	
Boys Volleyball	Natalie Beauchamp	natalie.beauchamp@puhsd.org	@pvhs.vb
Boys Tennis	TBD	TBD	
Boys Swim	TBD	TBD	
Girls Swim	TBD	TBD	
Boys Lacrosse	Jeff Young	jeff.young@puhsd.org	@pvhs.boys.lacrosse
Girls Lacrosse	TBD	TBD	@pvhsgirlslacrosse
Stunt Cheer	Parris Schuyler	parris.schuyler@puhsd.org	@pvcheerleading and @pvhsptom