

Taipei American School

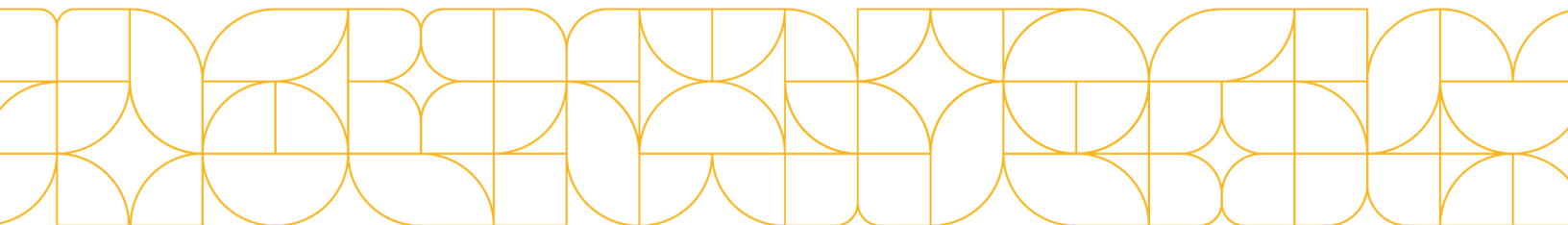
Season 1 Athletics Brochure & Training Schedule

Welcome to the Taipei American School Season 1 Athletics Program. Below you will find the comprehensive guide to our sports offerings, training guidelines, and coaching rosters for both the Upper School and Middle School divisions.

Practice & Game Frequency Guidelines

To balance academic commitments and elite physical development, practice schedules are standardized based on the competitive tier of the program:

Team Tier	Weekly Schedule Overview
Varsity Teams	Practices 5 days a week, including 2 competitive games. <ul style="list-style-type: none">• Volleyball: Tuesdays and Fridays.• Soccer: Fridays and Saturdays• Cross Country Fridays or Saturdays
JV Teams	Practices 4 days a week, including 1 competitive game per week.
Middle School Blue Tier	Practices 3 days a week, including 1 competitive game per week.
Middle School Gold Tier	Practices 2 days a week, focusing on core technical skills, rules, and foundational mechanics.



Upper School Division (US)

Official Season Window: August 13 – October 8, 2026 (Postseason extends to October 18 for Varsity teams).

Cross Country (Boys & Girls Varsity)

Designed to develop long-distance endurance, mental discipline, and optimal running mechanics. Athletes compete across various terrains, pushing individual limits while working towards collective team victory.

Role / Assignment	Coach Name	Contact Email
Girls Varsity Co-Head Coach	Elizabeth Albert	albertl@tas.edu.tw
Girls Varsity Co-Head Coach	Gabriel Castro	castrog@tas.edu.tw
Boys Varsity Head Coach	Edward Hillmann	hillmanne@tas.edu.tw
Boys Program Assistant	Rock Hudson	hudsona@tas.edu.tw
Program Assistant	Michaela Stevens	stevensm@tas.edu.tw

Soccer (Boys & Girls Varsity / JV)

Emphasizes strategic positioning, comprehensive ball-handling skills, physical conditioning, and fluid teamwork. Squads train rigorously for dynamic play and high-level competitive performance.

Role / Assignment	Coach Name	Contact Email
Boys Varsity Head Coach	Blake Pattenden	pattendenb@tas.edu.tw
Boys Varsity Assistant Coach	Mitchell Carter	carterm@tas.edu.tw

Role / Assignment	Coach Name	Contact Email
Boys JV Head Coach	Carlos Delgado Mata	delgadomatac@tas.edu.tw
Boys JV Assistant Coach	Ernie Smith	smithe@tas.edu.tw
Boys JV Assistant Coach	Dileep Mathews	mathewsd@tas.edu.tw
Girls Varsity Head Coach	Julian Thornbury	thornburyj@tas.edu.tw
Girls Varsity Assistant Coach	Alex Dezieck	deziecka@tas.edu.tw

Volleyball (Boys & Girls Varsity / JV)

Focuses on elite service execution, precise offensive setting, aggressive defensive blocking, and team symmetry. Players hone defensive and offensive strategies to create cohesive, responsive court units.

Role / Assignment	Coach Name	Contact Email
Boys Varsity Head Coach	Joey Chen	chenjo@tas.edu.tw
Boys Varsity Assistant Coach	Brian Tobey	tobeyr@tas.edu.tw
Boys JV Head Coach	Leo Liu	liule@tas.edu.tw
Girls Varsity Head Coach	Ron Reduta	redutar@tas.edu.tw
Girls Varsity Assistant Coach	Rayanne Wu	wur@tas.edu.tw
Girls JV Head Coach	Sandy Elder	elders@tas.edu.tw
Girls JV Assistant Coach	Ben Chou	choub@tas.edu.tw

Upper School Sports Special Training (US SST)

Training Window: August 24 – October 8, 2026

SST options deliver intensive technical refinement, training, and foundational sports conditioning to prepare athletes for upcoming seasonal tryouts or maintain off-season sports proficiency. The following sports are offered this season:

- Basketball
- Rugby
- Swimming
- Tennis
- Touch Rugby

Middle School Division (MS)

Official Season Window: August 13 – October 8, 2026

Grade 6 Specific Programs

Tailored specifically to introduce 6th graders to competitive school athletics. The focus is strictly on foundational rules, motor skills, and sportsmanship.

Sport	Coach Name	Contact Email	Contact Days (Subject to change)
Badminton (Boys)	Eddie Meinhold	meinholde@tas.edu.tw	M, W or T, Th
Baseball (Boys)	Al O'Donnell	odonnella@tas.edu.tw	M, Th

Grade 7 & 8 Programs

Programs are separated into active Blue and Gold team tiers to ensure optimal instructional attention and appropriate competition levels for all students.

Sport / Tier	Coach Name	Contact Email	Contact Days (Subject to change)
Basketball Boys Head (Blue 1)	Terry Lagerquist	lagerquistt@tas.edu.tw	T, Th, F
Basketball Boys Head (Blue 2)	Anthony Joe	joea@tas.edu.tw	T, Th, F
Basketball Boys Head (Gold 1)	Brian Mutschler	mutschlerb@tas.edu.tw	T, F
Basketball Boys Head (Gold 2)	Eddie Meinhold	meinholde@tas.edu.tw	T, F
Basketball Boys Head (Gold 3)	Justin Prophet	prophetj@tas.edu.tw	T, F
Basketball Boys Head (Gold 4)	Michael Nicholaides	nicholaidesm@tas.edu.tw	T, F
Golf Girls Head (Blue)	Matthew King	kingm@tas.edu.tw	M, Th, Sat (course)
Golf Boys Head (Blue)	Matt Parenteau	parenteaum@tas.edu.tw	T, Th, Sat (course)
Golf Boys Assistant (Blue)	Michael Dethy	dethym@tas.edu.tw	M, W
Tennis Girls Head (Blue)	Wei-Lun Hua	huaw@tas.edu.tw	M, T, W

Sport / Tier	Coach Name	Contact Email	Contact Days (Subject to change)
Tennis Girls Coach (Gold)	Brett Blain	blainb@tas.edu.tw	T, Th
Tennis Girls Coach (Gold)	Ernie Smith	smithe@tas.edu.tw	T, Th

All Middle School Multi-Grade Programs (Grades 6–8)

These inclusive programs welcome participants from all middle school grade levels, balancing competitive training with supportive developmental tracks.

Sport / Role	Coach Name	Contact Email	Contact Days (Subject to change)
Cross Country Head Coach	Todd Ferguson	fergusont@tas.edu.tw	M, W, F (G7/8)
Cross Country Head Coach	Vani Mathews	mathewsv@tas.edu.tw	M, W, F (G7/8)
Cross Country Assistant Coach	Phil Lindert	lindertp@tas.edu.tw	M, W, F (G7/8)
Cross Country Assistant Coach	Weston Cooper	cooperw@tas.edu.tw	M, W, F (G7/8)
Cross Country Assistant Coach	Debbie Huang	huangd@tas.edu.tw	M, W, F (G7/8)
Soccer Girls Head	Emily Poland	polande@tas.edu.tw	T, W, Th

Sport / Role	Coach Name	Contact Email	Contact Days (Subject to change)
Coach			
Soccer Girls Assistant Coach	Jacqui Brelsford	brelsfordj@tas.edu.tw	T, W, Th
Soccer Girls Assistant Coach	Catrina Ferrell	farrellc@tas.edu.tw	T, W, Th