



**ATHLETICS**  
 AD – Mitch Rubin  
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**2020-2021**

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>
Football Kurt Stein <a href="mailto:Kurt.Stein@fcps.org">Kurt.Stein@fcps.org</a>	Boys Basketball Charles (Brandon) Long <a href="mailto:Charles.Long@fcps.org">Charles.Long@fcps.org</a>	Boys Lacrosse Michael Higgs <a href="mailto:Michael.Higgs@fcps.org">Michael.Higgs@fcps.org</a>
Boys Soccer Mitch Rubin <a href="mailto:Mitchell.Rubin@fcps.org">Mitchell.Rubin@fcps.org</a>	Girls Basketball Rob Healy <a href="mailto:Robert.Healy@fcps.org">Robert.Healy@fcps.org</a>	Girls Lacrosse Erika Hollander <a href="mailto:Erika.Hollander@fcps.org">Erika.Hollander@fcps.org</a>
Girls Soccer Aric Canonico <a href="mailto:Aric.Canonico@fcps.org">Aric.Canonico@fcps.org</a>	Wrestling Matt Wax <a href="mailto:Matthew.Wax@fcps.org">Matthew.Wax@fcps.org</a>	Girls Track Adell Remsberg <a href="mailto:Adell.Remsberg@fcps.org">Adell.Remsberg@fcps.org</a>
Volleyball Jim Dorsch <a href="mailto:James.Dorsch@fcps.org">James.Dorsch@fcps.org</a>	Boys Swimming Lucas Alves <a href="mailto:Lucas.Alves@fcps.org">Lucas.Alves@fcps.org</a>	Boys Track Ronnie Beard <a href="mailto:Ronnie.Beard@fcps.org">Ronnie.Beard@fcps.org</a>
Boys Cross Country Zachary Lesieur <a href="mailto:Zachary.Lesieur@fcps.org">Zachary.Lesieur@fcps.org</a>	Girls Swimming Brigid Kavanaugh <a href="mailto:Brigid.Kavanaugh@fcps.org">Brigid.Kavanaugh@fcps.org</a>	Baseball Sam Mills <a href="mailto:Samuel.Mills@fcps.org">Samuel.Mills@fcps.org</a>
Girls Cross Country Brian Dempsey <a href="mailto:Brian.Dempsey@fcps.org">Brian.Dempsey@fcps.org</a>	Cheerleading Sherri Krivos <a href="mailto:Sherri.Krivos@fcps.org">Sherri.Krivos@fcps.org</a>	Softball Danelle Locke <a href="mailto:Danelle.Locke@fcps.org">Danelle.Locke@fcps.org</a>
Field Hockey Kaitlyn Dudley <a href="mailto:Kaitlyn.Dudley@fcps.org">Kaitlyn.Dudley@fcps.org</a>	Boys Indoor Track Ronnie Beard <a href="mailto:Ronnie.Beard@fcps.org">Ronnie.Beard@fcps.org</a>	Girls Tennis Shaun Weiss <a href="mailto:Shaun.Weiss@fcps.org">Shaun.Weiss@fcps.org</a>
Golf Marcus Macon <a href="mailto:Marcus.Macon@fcps.org">Marcus.Macon@fcps.org</a>	Girls Indoor Track Adell Remsberg <a href="mailto:Adell.Remsberg@fcps.org">Adell.Remsberg@fcps.org</a>	Boys Tennis Chris Schlee <a href="mailto:Christopher.Schlee@fcps.org">Christopher.Schlee@fcps.org</a>
Cheerleading Courtney Ray <a href="mailto:Courtney.Ray@fcps.org">Courtney.Ray@fcps.org</a>	Unified Sports – Bocce Shelly Orzechowski & Terry Connolly <a href="mailto:Michelle.Orzechows@fcps.org">Michelle.Orzechows@fcps.org</a> <a href="mailto:Terrance.Connolly@fcps.org">Terrance.Connolly@fcps.org</a>	Unified Sports-Track & Field Mitch Rubin & Todd Steber <a href="mailto:Mitchell.Rubin@fcps.org">Mitchell.Rubin@fcps.org</a> <a href="mailto:Todd.Steber@fcps.org">Todd.Steber@fcps.org</a>
Pom Dance Team Melissa Watson <a href="mailto:Melissa.Watson@fcps.org">Melissa.Watson@fcps.org</a>		
Unified Sports-Tennis Terry Connolly & Shelly Orzechowski <a href="mailto:Terrance.Connolly@fcps.org">Terrance.Connolly@fcps.org</a> <a href="mailto:Michelle.Orzechows@fcps.org">Michelle.Orzechows@fcps.org</a>		Oakdale Athletic Website <a href="https://oakdalehs.rschooleams.com/">https://oakdalehs.rschooleams.com/</a>