

Flag Football Coaches Phone List 2009

(s) = School (w) = Work (h) = Home (c) = Cell

(* = Confirmed)

Western Division (Hosted by St. Pats and St. Roberts - Friday p.m.):

* 1) John Paul II	Adrian Basquez	388-8314	abasquez@sbcglobal.net
* 2) St. Michael's	Zach Varanini	485-3418 (w)	zvaranini@smeds.net
* 3) Sacramento Country Day	Chris Millsback	481-8811 (w)	cmillsback@saccds.org
* 4) Holy Spirit	Billy Martinez	457-7725 (h)	rvrpk3@surewest.net
* 5) Sacred Heart	Ray Gates	452-9124 (h)	rgates@ltglaw.net
* 6) St. Robert's	Nick Voron	698-7775 (c)	burghman@frontiernet.net
* 7) St. Patrick's	Jerry Terrell	549-7972 (h)	raidershot9@hotmail.com
* 8) St. Charles	Marty Thompson	688-8896 (h)	cmtservices@comcast.net

Central Division (Hosted by Jesuit - Friday & Sunday p.m.):

* 1) St. Ignatius	Joe Helfrick	338-5359 (h)	jhelfrick@sacsheriff.com
* 2) St. Elizabeth Ann Seton	Kevin Ralph	684-0917 (h)	kevin.ralph@farmcreditwest.com
* 3) St. Mary's	Dan Slater	452-1100 x 32 (w)	dslater_sms@yahoo.com
* 4) St. James (Davis)	Rodney Bodine	530-756-3946 (s)	rbodine@sjsdavis.com
* 5) Merryhill - Park City	Andrew Powers	429-0655 (w)	hurricane2004@yahoo.com
* 6) Holy Rosary (Woodland)	Greg Gonzalez	508-1828 (h)	Gonzopoto@aol.com
* 7) Merryhill - Eastern Prep	Herb Carneros	342-5533 (h)	heber.carneros@nlcinc.com

Northern Division (Hosted by Jesuit - Friday & Sunday p.m.):

* 1) OLA	Mike Ashen	607-8642 (c)	mikeashen@ashenco.com
* 2) St. Mel's	Kevin Eggleston	803-4661 (h)	kevin_eggleson@wellsfargois.com
* 3) St. John Evangelist	Chris Day	483-8232	candlday@yahoo.com
* 4) Presentation	Ron Thurman	480-0518	rrthurman@att.net
* 5) St. John Vianney	Mark Gaona	369-1488	gaonam@sbcglobal.net
* 6) St. Joseph's (Auburn)	Frank Fagundes	746-7727	frank@mrpicklesinc.com
* 7) Holy Cross	Troy Blackburn	233-5315 (c)	Stephen.t.blackburn@dhs.gov