

P.A.L. Cross Country Coaches List 2011

<u>School</u>	<u>Coach</u>	<u>Phone (Cell)</u>	<u>E-Mail</u>
St. Mels	Kelly Heisinger	415/602-2731	kiobel@pacbell.net
St. Ignatius	Mark Prestwich	916/248-1192	mprestwich@surewest.net
St. Rose	Rochelle Gamette Bob & Carrie Canalas	916/532-1493 916/410-3547	gamette@surewest.net racanalas@fedex.com
Presentation	Rodney Dorsey	916/725-7587	dorseyr@surewest.net
Sacred Heart	Pat Domek	916/533-3547	pdomek@sacredheartschool.net
St. John Evangelist	Malcolm O'Keefe		Malcolm.okeefe@blueriver.com
OLA	Dudley Phenix	916/612-8221	dudley1@surewest.net
St. Elizabeth AS	Kenney Chappelle	916/952-4600	cmagoo@citlink.net
St. John/Notre Dame	Rob Neil	916/804-6411	robert.a.neil@intel.com
St. Francis	D. Elizabeth Sheffield	916/769-9528	elizabethsheffield@comcast.net
Sac Country Day	Nick Domich	916/489-7343	flav1us23@hotmail.com
St. Robert's	Andrew Carrasco George Medina	916/747-3324 916/529-7101	bigdrew5465@gmail.com Gmedina@netzero.net
St. James	Mark Simi (& PAL XC Coordinator)	530/902-4299	discus800@comcast.net
PAL Director	Gerry Lane	916/482-6060 x 203	laneg@jhssac.org

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