

P.A.L. Cross Country Coaches List 2009

| <u>School</u> | <u>Coach</u> | <u>Phone (Cell)</u> | <u>E-Mail</u> |
|----------------------------------------|----------------|---------------------|------------------------------------------------------------------------|
| St. Mels | Tim Coughlin | 916/853-6880 | timcbroker@aol.com |
| St. Ignatius | Mark Prestwich | 916/248-1192 | mprestwich@surewest.net |
| St. Rose | Brian Glaskey | 916/300-8802 | bjea@surewest.net |
| Presentation | Brendan Davis | 916/723-3218 | brendan@davisboyz.com |
| Sacred Heart | Dave Parsh | 916/662-2622 | coachparsh@yahoo.com |
| St. John Evangelist | Mason Myers | 916/316-4712 | m_smyers@comcast.net |
| Our Lady of the Assumption | Dudley Phenix | 916/612-8221 | dudley1@surewest.net |
| Sacramento Country Day | Nick Domich | 916/489-7343 | flav1vs23@hotmail.com |
| St. Robert's | George Medina | 916/529-7101 | Gmedina@netzero.net |
| St. James | Mark Simi | 530/902-4299 | discuss800@sbcglobal.net |
| (PAL XC Coordinator & St. James Coach) | | | |
| PAL Director | Gerry Lane | 916/482-6060 x 203 | laneg@jhssac.org |

Updated 8/31/09