

**2009 PAL Track Coaches List**

Head Coach Name	School	Home Phone	Cell Phone	Email Address
1) Phil Tateishi	OLA		541-7090	<a href="mailto:Ptateishi@olaparish.net">Ptateishi@olaparish.net</a>
2) Rob Neil	St. John Notre Dame	355-8787	718-6490	<a href="mailto:Robert.a.neil@intel.com">Robert.a.neil@intel.com</a>
3) Dan Slater	St. Mary's	744-1063	240-9935	<a href="mailto:Sdlater_sms@yahoo.com">Sdlater_sms@yahoo.com</a>
4) Ginni Jeglie	St. Ignatius	743-7255		<a href="mailto:ginniaj@yahoo.com">ginniaj@yahoo.com</a>
5) Oscar Macias	St. Charles	217-4505		<a href="mailto:Norcal4us@att.net">Norcal4us@att.net</a>
6) Gina Richardson	St. John Evangelist	965-5255	804-8586	<a href="mailto:coating@sbcglobal.net">coating@sbcglobal.net</a>
7) Brian Galskey	St. Rose	780-0279	300-8802	<a href="mailto:BJEA@surewest.net">BJEA@surewest.net</a>
8) George Medina	St. Robert's	454-5094	529-7101	<a href="mailto:gmedina@netzero.net">gmedina@netzero.net</a>
9) Tim Beck	St. John Vianney	812-1369		<a href="mailto:Becks@frontiernet.net">Becks@frontiernet.net</a>
10) Ken Chappelle	St. Elizabeth AS	685-9330	952-4600	<a href="mailto:kenny.chappelle@cdcr.ca.gov">kenny.chappelle@cdcr.ca.gov</a>
11) Mike Duncan	Holy Trinity	247-1551		<a href="mailto:Mpduncan@sbcglobal.net">Mpduncan@sbcglobal.net</a>
12) Tim Coughlin	St. Mel's	635-8164	600-3068	<a href="mailto:timcbroker@aol.com">timcbroker@aol.com</a>
13) Dave Benney	Merryhill Eastern Prep	482-7656		<a href="mailto:suestewart@nlcinc.com">suestewart@nlcinc.com</a>
14) Ricky Hauch	St. Michael's		(619) 851-4804	<a href="mailto:rhauchjr@yahoo.com">rhauchjr@yahoo.com</a>
15) Toni Little	St. Philomene's	961-3274	541-7386	<a href="mailto:toni.little@comcast.net">toni.little@comcast.net</a>
16) David Gee	Holy Spirit	684-0509	240-6034	<a href="mailto:Dgee50@comcast.net">Dgee50@comcast.net</a>
17) Megan Madrigal-Geary	Sacred Heart			<a href="mailto:Coach_megan@yahoo.com">Coach_megan@yahoo.com</a>
18) Chris Lloyd	Holy Family	729-0126	402-8337	<a href="mailto:Chris-lloyd@comcast.net">Chris-lloyd@comcast.net</a>
19) Nick Domich	Sac Country Day	489-7343		<a href="mailto:flav1us23@hotmail.com">flav1us23@hotmail.com</a>
20) Mark Torrielli	Holy Rosary	530-662-6751	925-595-5874	<a href="mailto:Mtorri@mindspring.com">Mtorri@mindspring.com</a>
21) Mark Simi	St. James		(530) 902-4299	<a href="mailto:discus800@sbcglobal.net">discus800@sbcglobal.net</a>
22) Cristy Stevens	Presentation	863-5472	524-5791	<a href="mailto:ChristyStevensrn@att.net">ChristyStevensrn@att.net</a>
23) Mike Sanchez	Merryhill (South)	427-2204	834-6303	<a href="mailto:videoguy88@gmail.com">videoguy88@gmail.com</a>
24) Hellen Hernandez	John Paul II		835-3160	<a href="mailto:Dianavis@pacbell.net">Dianavis@pacbell.net</a>
25) John Drake	St. Alban's	652-1001	715-8692	<a href="mailto:jdrake1623@hotmail.com">jdrake1623@hotmail.com</a>
26) Luis Paz	St. Patrick's	685-8672		<a href="mailto:richard.lopez@ftb.ca.gov">richard.lopez@ftb.ca.gov</a>
Gerry Lane	PAL Director		708-8226	<a href="mailto:laneg@jhssac.org">laneg@jhssac.org</a>