

2011 PAL Track Coaches List

Head Coach Name	School	Home Phone	Cell Phone	Email Address
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5) Kevin Chelini	St. Charles		825-8571	Daddyspony68@sbcglobal.net
6) Mason Myers	St. John Evangelist	316-4712		Mason.myers@att.net
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8) George Medina	St. Robert's	454-5094	529-7101	gmedina@netzero.net
9) Secrick Ford	St. John Vianney	410-0828		Secrickford@yahoo.com
10) Ken Chappelle	St. Elizabeth AS	685-9330	952-4600	kenny.chappelle@cdcr.ca.gov
11) Kristen Andrews	Holy Trinity		365-6358	Kandrews@holyltrinityparish.org
12) Tim Coughlin	St. Mel's	635-8164	600-3068	timcbroker@aol.com
13) Mike Sanchez	Merryhill Eastern Prep	485-2177		Heber.cameros@nclinc.com
14) Joe Monroe	St. Michael's		(760) 622-2968	Joemonroe@smeds.net
15) Susan Weyland	St. Philomene's		201-7756	Wayfoursome@msn.com
16) Teddy Morris, Jr.	Holy Spirit	421-4860		Teddy@morrisfamily.biz
17) Megan Geary	Sacred Heart		390-1519	Coach_megan@yahoo.com
18) Charles Palacios	Holy Family	671-0500		Palacegang@comcast.net
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20) Mark Torricelli	Holy Rosary	530-662-6751	925-595-5874	Mtorri@mindspring.com
21) Mark Simi	St. James		(530) 902-4299	discus800@sbcglobal.net
22) Kathleen Baggett	Presentation		510-551-9621	kbaggett@presentationschool.net
23) Becky Remy	Woodland Christian		530-249-3747	Beckyremy707@gmail.com
24) Colleen Bermingham-Delgado	St. Patrick's Succeed Academy	208-2777		Emygab2401@yahoo.com
25) Jaime Anderson	St. Joseph's (A)	530-888-0985	599-0985	jaime-anderson@auburncatholic.com
Dave Zielke	PAL Track Coordinator		708-8220	zielked@jhssac.org
Gerry Lane	PAL Director		708-8226	laneg@jhssac.org