

Red Lion Varsity Coaching Staff
2022-2023

Fall Sports

Football	Jesse Shay	ShayJ@rlasd.net
Field Hockey	Carol Gillmen	GillmenC@rlasd.net
Boys Soccer	Sam Cooley	CooleyS@rlasd.net
Girls Soccer	John Young	Youngjw@rlasd.net
Cross Country	TBA	
Girls Volleyball	Cameron Tome	tomec@rlasd.net
Girls Tennis	Troy Miller	TroyMiller.rlta@gmail.com
Golf	Don Dimoff	Dimoffd@rlasd.net
Cheerleading	Becky Gibney	gibneyr@rlasd.net

Winter Coaches

Boys Basketball	Steve Schmehl	SchmeHs@rlasd.net
Girls Basketball	Don Dimoff	DimoffD@rlasd.net
Wrestling	Matthew Helwig	Helwigm@rlasd.net
Swimming	Hannah Coligan	coligan.hannah@gmail.com
Cheerleading	Becky Gibney	gibneyr@rlasd.net

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Spring Coaches

Baseball

Kevin Lawrence

kevin.lawrence@sycsd.org

Softball

Steve Gould

GouldS@rlasd.net

Boys Track

Todd Barshinger

BarshingerT@rlasd.net

Girls Track

Jason Smith

RLLions75@aol.com

Boys Volleyball

Rick Torbert

ratorbert@comcast.net

Boys Tennis

Emily Eppley

eppleye@rlasd.net

Boys LAX

Pat Stafford

pstafford1977@yahoo.com

Girls LAX

Megan Welker

Luckenbaughm@rlasd.net