

# Red Lion Varsity Coaching Staff

## 2023-2024

### Fall Sports

Football	Jesse Shay	<a href="mailto:ShayJ@rlasd.net">ShayJ@rlasd.net</a>
Field Hockey	Carol Gillmen	<a href="mailto:GillmenC@rlasd.net">GillmenC@rlasd.net</a>
Boys Soccer	Sam Cooley	<a href="mailto:CooleyS@rlasd.net">CooleyS@rlasd.net</a>
Girls Soccer	John Young	<a href="mailto:Youngjw@rlasd.net">Youngjw@rlasd.net</a>
Cross Country	Justin Immel	<a href="mailto:jaimmel07@yahoo.com">jaimmel07@yahoo.com</a>
Girls Volleyball	Cameron Tome	<a href="mailto:tomec@rlasd.net">tomec@rlasd.net</a>
Girls Tennis	Emil Vyskocil	<a href="mailto:vyskociej@rlasd.net">vyskociej@rlasd.net</a>
Golf	Don Dimoff/Mike Catullo	<a href="mailto:Dimoffd@rlasd.net">Dimoffd@rlasd.net</a> / <a href="mailto:catullom@rlasd.net">catullom@rlasd.net</a>
Cheerleading	Becky Gibney	<a href="mailto:gibneyr@rlasd.net">gibneyr@rlasd.net</a>

### Winter Coaches

Boys Basketball	Steve Schmehl	<a href="mailto:Schmehls@rlasd.net">Schmehls@rlasd.net</a>
Girls Basketball	Don Dimoff	<a href="mailto:DimoffD@rlasd.net">DimoffD@rlasd.net</a>
Wrestling	Matthew Helwig	<a href="mailto:Helwigm@rlasd.net">Helwigm@rlasd.net</a>
Swimming	Hannah Coligan	<a href="mailto:coligan.hannah@gmail.com">coligan.hannah@gmail.com</a>
Cheerleading	Becky Gibney	<a href="mailto:gibneyr@rlasd.net">gibneyr@rlasd.net</a>

### Spring Coaches

Baseball	Kevin Lawrence	<a href="mailto:kevin.lawrence@syncsd.org">kevin.lawrence@syncsd.org</a>
Softball	Steve Gould	<a href="mailto:GouldS@rlasd.net">GouldS@rlasd.net</a>
Boys Track	Justin Immel	<a href="mailto:jaimmel07@yahoo.com">jaimmel07@yahoo.com</a>
Girls Track	Shawn Beard	<a href="mailto:beards@rlasd.net">beards@rlasd.net</a>
Boys Volleyball	Rick Torbert	<a href="mailto:ratorbert@comcast.net">ratorbert@comcast.net</a>
Boys Tennis	Emil Vyskocil	<a href="mailto:vyskociej@rlasd.net">vyskociej@rlasd.net</a>
Boys LAX	Brooks Arnold	<a href="mailto:brooksarnold5340@gmail.com">brooksarnold5340@gmail.com</a>
Girls LAX	Megan Welker	<a href="mailto:Luckenbaughm@rlasd.net">Luckenbaughm@rlasd.net</a>