

Red Lion Varsity Coaching Staff  
2022-2023

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**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**

**Justin Immel**

**immelj@rlasd.net**

**Girls Volleyball**

**Cameron Tome**

**tomec@rlasd.net**

**Girls Tennis**

**Emil Vyskocil**

**vyskocilej@rlasd.net**

**Golf**

**Don Dimoff**

**Dimoffd@rlasd.net**

**Cheerleading**

**Becky Gibney**

**gibneyr@rlasd.net**

**Winter Coaches**

**Boys Basketball**

**Steve Schmehl**

**Schmehls@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**

**Justin Immel**

**immelj@rlasd.net**

**Girls Track**

**Shawn Beard**

**beardst@rlasd.net**

**Boys Volleyball**

**Rick Torbert**

**ratorbert@comcast.net**

**Boys Tennis**

**Emily Eppley**

**eppleye@rlasd.net**

**Boys LAX**

**Brooks Arnold**

**brooksarnold5340@gmail.com**

**Girls LAX**

**Megan Welker**

**Luckenbaughm@rlasd.net**