



# HIGHLANDS RANCH HIGH SCHOOL ATHLETICS



## HOME OF THE FALCONS

**Athletic Director:** Preston Davis, pdavis1@dcsdk12.org 303-387-2526

**Athletic Trainer:** Tom Sylva, thomas.Sylva@dcsdk12.org-303-437-1862

**Athletic Secretary:** Veronica Ruiz, vyruiz@dcsdk12.org, 303-387-2525

**Website:** Athletics.hrhsfalcons.com

### LISTING OF SPORTS AND COACHES

FALL	WINTER	SPRING
<b>++Boys Cross Country-Dominic Douglass</b> dominic.douglass@dcsdk12.org	<b>Boys Basketball-Mike Gibbs*</b> ranchbasketball@gmail.com	<b>Boys Baseball-Joe Gleason</b> joseph.gleason@dcsdk12.org hrhsbaseball.com
<b>Boys Golf-Jon Cushing</b> jon.cushing@dcsdk12.org	<b>Girls Basketball-Caryn Jarocki</b> caryn.jarocki@dcsdk12.org	<b>Boys Lacrosse- Brent Adams</b> Brent.Adams8@gmail.com
<b>++Boys Football-David May</b> david.may@dcsdk12.org	<b>++Girls Swim/Dive-Andy Farner*</b> andrewjfarner@gmail.com	<b>++Boys Swim/Dive-Christina Kwon*</b> coachckwon@gmail.com sites.google.com/a/dcsdk12.org/ranchswimanddive
<b>Boys Soccer- Spencer Ward*</b> spencer.ward@dcsdk12.org	<b>++Wrestling-Justin Kast</b> Jkast2@dcsdk12.org	<b>++Boys/Girls Track-Lou Krauss, TBD</b> louis.krauss@dcsdk12.org hrhstrack.blogspot.com
<b>++Boys Tennis-Jim Hoskins*</b> sidneyhoskins@yahoo.com	<b>Cheer-Brittani Scott</b> hrhsvarsitycheer@gmail.com	<b>Girls Golf-Jon Cushing</b> jon.cushing@dcsdk12.org
<b>++Girls Cross Country-Katie Taylor</b> kataylor1@dcsdk12.org	<b>Poms- Amanda Humphrey</b> Amanda.humphrey@dcsdk12.org	<b>Girls Soccer- Spencer Ward*</b> spencer.ward@dcsdk12.org
<b>++Girls Softball-Nicole DeSimone*</b> ndesimone@dcsdk12.org		<b>++Girls Tennis- Jim Hoskins*</b> sidneyhoskins@yahoo.com
<b>Girls Volleyball-Lou Krauss</b> louis.krauss@dcsdk12.org		
<b>Cheer- Brittani Scott</b> hrhsvarsitycheer@gmail.com		
<b>Poms- Amanda Humphrey</b> amanda.humphrey@dcsdk12.org		
HIGHLANDS RANCH SCHOOLS CO-OP TEAMS		
<b>Gymnastics @ Rock Canyon HS</b> rchsgymnastics@gmail.com	<b>CHSAA Boys Ice Hockey –</b> Mountain Vista HS coachkmvhshockey@gmail.com	<b>Boys Rugby @ Mountain Vista HS</b> Kurt DeGraw, kurtyhome@gmail.com
<b>Field Hockey @ Mntn Vista HS</b> mntvistafieldhockey@gmail.com		<b>Club Ice Hockey @ Highlands Ranch HS</b> Mariamullane007@gmail.com
<b>Girls Rugby @ Rock Canyon HS</b>		<b>Girls Lacrosse @ RCHS –</b>

++ Indicates a “no-cut” sport

\* Indicates an out of the building coach