



ATHLETICS
 AD – Mitch Rubin
 Mitchell.Rubin@fcps.org

2020-2021

FALL	WINTER	SPRING
Football Kurt Stein Kurt.Stein@fcps.org	Boys Basketball Charles (Brandon) Long Charles.Long@fcps.org	Boys Lacrosse Michael Higgs Michael.Higgs@fcps.org
Boys Soccer Mitch Rubin Mitchell.Rubin@fcps.org	Girls Basketball Rob Healy Robert.Healy@fcps.org	Girls Lacrosse Erika Hollander Erika.Hollander@fcps.org
Girls Soccer Aric Canonico Aric.Canonico@fcps.org	Wrestling Matt Wax Matthew.Wax@fcps.org	Girls Track Adell Remsberg Adell.Remsberg@fcps.org
Volleyball Jim Dorsch James.Dorsch@fcps.org	Boys Swimming Lucas Alves Lucas.Alves@fcps.org	Boys Track Ronnie Beard Ronnie.Beard@fcps.org
Boys Cross Country Zachary Lesieur Zachary.Lesieur@fcps.org	Girls Swimming Brigid Kavanaugh Brigid.Kavanaugh@fcps.org	Baseball Sam Mills Samuel.Mills@fcps.org
Girls Cross Country Brian Dempsey Brian.Dempsey@fcps.org	Cheerleading Sherri Krivos Sherri.Krivos@fcps.org	Softball Danelle Locke Danelle.Locke@fcps.org
Field Hockey Allison Dudley Allison.Dudley@fcps.org	Boys Indoor Track Ronnie Beard Ronnie.Beard@fcps.org	Girls Tennis Shaun Weiss Shaun.Weiss@fcps.org
Golf Marcus Macon Marcus.Macon@fcps.org	Girls Indoor Track Adell Remsberg Adell.Remsberg@fcps.org	Boys Tennis Chris Schlee Christopher.Schlee@fcps.org
Cheerleading Courtney Ray Courtney.Ray@fcps.org	Unified Sports – Bocce Shelly Orzechowski & Terry Connolly Michelle.Orzechows@fcps.org Terrance.Connolly@fcps.org	Unified Sports-Track & Field Mitch Rubin & Todd Steber Mitchell.Rubin@fcps.org Todd.Steber@fcps.org
Pom Dance Team Melissa Watson Melissa.Watson@fcps.org		
Unified Sports-Tennis Terry Connolly & Shelly Orzechowski Terrance.Connolly@fcps.org Michelle.Orzechows@fcps.org		Oakdale Athletic Website https://oakdalehs.rschooteams.com/