

Level	Section	WBAL- Alpine	Email Address	Is this for a school or recreation league/club/team?	Name of School	School athletic department website link	Athletic Director Full Name	Athletic Director email address	Athletic Director Game Day Phone Number	Varsity Head Coach Full Name	Varsity Head Coach email address	Varsity Head Coach Cell Phone Number	JV Head Coach Full Name (if no JV team please enter N/A)	JV Head Coach Email Address (if no JV team please enter N/A)	JV Head Coach Cell Phone (if no JV team please enter N/A)
Girls CIF Central Coast	CCS	BVAL	hannahgemmett@school-cif-hs.org	School	Abraham Lincoln High School		Kevin Collins	kcollins@sjustd.org	(408) 799-0847	Hannah Gemmett	hannahgemmett@school-cif-hs.org	(408) 771-8011	N/A	N/A	N/A
Central Coast Section J	CCS	BVAL	joshua.adams@school-cif-hs.org	School	Gilroy High School	https://gilroyhs.org	Josh Adams	joshua.adams@school-cif-hs.org	209-765-5203	Celeste Perales	celeste.perales@school-cif-hs.org	(408) 376-1685	Celeste Perales	celeste.perales@school-cif-hs.org	408-376-1685
Girls CIF Central Coast	CCS	BVAL	msparrer@sjustd.org	School	Leland High School	www.lelandathlet.com	Mike Sparrer	msparrer@sjustd.org	(408) 591-4962	Bruce Young	bruce.y@att.net	(408) 401-4938	Unknown - will have a JV team	Unknown - will have a JV team	Unknown - will have a JV team
Girls CIF Central Coast	CCS	BVAL	gemom@mhusd.org	School	CIF HS \ Live Oak		Mike Gemo	gemom@mhusd.org	4085064859	Zach Souza	zachsouza55@gmail.com	408 710 0822	NA	NA	NA
Girls CIF Central Coast	CCS	BVAL	kkrail@sjustd.org	School	CIF HS \ Pioneer High		Kevin Krail	kkrail@sjustd.org	4084769696	Chris Kirschke	kirschke@gmail.com	6507143301	na	NA	NA
Girls CIF Central Coast	CCS	BVAL	crawford@mhusd.org	School	CIF HS \ Sobrato High School	https://sobratoathlet.com	Lawrence Crawford	crawford@mhusd.org	4087060087	To Be Determined	TBD	TBD	Do not anticipate having JV team	Do not anticipate having JV team	Do not anticipate having JV team
Central Coast Section J	CCS	BVAL	eastrowski@sjustd.org	School	CIF HS \ Willow Glen High School	https://wghs.sjustd.org	Eric Ostrowski	eastrowski@sjustd.org	408-660-5431	Ken Tavernier	ktavernier95125@gmail.com	(408) 705-5451	N/A	N/A	N/A
Girls CIF Central Coast	CCS	PCAL	spmager@gmail.com	School	CIF HS \ Aptos High School	https://www.aptoathlet.com	Travis Fox	Travis Fox <travifox@aptoathlet.com>	7199637425	Stuart Mager	spmager@gmail.com	8314654808	n/a	n/a	n/a
Central Coast Section J	CCS	PCAL		School	CIF HS \ Carmel HS	https://carmelhigh.org	Golden Anderson	ganderson@carmelhigh.org	8319174959	Sophia White	sophiawhite22@gmail.com	8312066238	Cynthia Padilla	cpadilla1@carmelhigh.org	8316241821
Girls CIF Central Coast	CCS	PCAL	igaynor@sccs.net	School	CIF HS \ Harbor High School	https://www.hhs.sccs.net	James Gaynor	igaynor@sccs.net	8318695242	Sam Womack	sam.e.womack@gmail.com	9165918798	NA	NA	NA
Girls CIF Central Coast	CCS	PCAL	cjcecil@mvc.org	School	CIF HS \ Monte Vista Christian		Dustin Mones	dustinmones@mvc.org	203-209-5899	Lyndsee Moran	lyndseemoran@mvc.org	831-254-3340	N/A	N/A	N/A
Girls CIF Central Coast	CCS	PCAL	mcisneros@mpc.org	School	CIF HS \ Monterey High School		Crystal Ventimiglia	cventimiglia@mpc.org	831-601-8299	Mark Cisneros	mcisneros@mpc.org	626-354-4488	N/A	N/A	N/A
Central Coast Section J	CCS	PCAL	No team for 2026		Notre Dame - Salinas										
Central Coast Section J	CCS	PCAL		School	CIF HS \ Salinas High School	www.salinaschools.org	Art Hunsdorfer	art.hunsdorfer@salinaschools.org	559-970-6251	Mike Scott	mikedadof3@gmail.com	831-206-4039			
Central Coast Section J	CCS	PCAL	mckenna.edward@ucsc.edu	School	CIF HS \ Santa Catalina School	https://www.santacatalina.org	Kendra Klein	kendra.klein@santacatalina.org	831-655-9387	Mckenna Edward	mckenna.edward@ucsc.edu	7178246469	N/A	N/A	N/A
Girls CIF Central Coast	CCS	PCAL	lcrossset@ucsc.edu	School	CIF HS \ Santa Cruz High School	https://www.schsc.org	Erik Redding	Erik Redding <erikredding@schsc.org>	8312513618	Lila Crossett	lcrossset@ucsc.edu	7147976027	N/A	N/A	N/A
Central Coast Section J	CCS	PCAL	No team for 2026		Scotts Valley HS										
Girls CIF Central Coast	CCS	PCAL	swalters@sccs.net	School	CIF HS \ Soquel HS		Stu Walters	swalters@sccs.net	831-419-7704	Lauren Junker	laurenjunker@sccs.net	818-292-0167	N/A		N/A
Central Coast Section J	CCS	PCAL	jclymo@stevens.org	School	CIF HS \ Stevenson School	www.stevens.org	Justin Clymo	jclymo@stevens.org	831-920-7484	Jerry Gilbert	Jerry.Gilbert@stevens.org	503-307-8076	Johanna Kroenlein	jkroenlein@stevens.org	+1 (415) 613-6708
Girls CIF Central Coast	CCS	PCAL	realini@vcs.net	School	CIF HS \ Valley Christian	www.gowarriors.org	Ryan Realini	realini@vcs.net	408-607-1683	Jordan Evanger	jevanger12@gmail.com	408-710-5471	N/A	N/A	N/A
Girls CIF Central Coast	CCS	PCAL	speters@york.org	School	CIF HS \ York	York.org	Steve Peters	speters@york.org	8319152747	N/A	N/A	N/A	Steve Peters	Steve Peters	8319152747
Central Coast Section J	CCS	SCVAL	juhalas@pausd.org	School	CIF HS \ Gunn High School	gunnathletics.com	Justin Halas	juhalas@pausd.org	408 384 2416	Andrea Davis	adavis7@gmail.com	413-262-8105	NA	NA	NS
Central Coast Section J	CCS	SCVAL	michelle.noeth@lahs.mvla.net	School	CIF HS \ Los Altos	https://lahs.mvla.net	Michelle Noeth	michelle.noeth@lahs.mvla.net	510-427-3454	Christina Tovrea	christina.tovrea@gmail.com	916-300-9558	Natalie Mohan	NA	NA
Central Coast Section J	CCS	SCVAL	kperrotti@gsuhsd.org	School	CIF HS \ Los Gatos High School	https://www.losgatosathletics.com	Kenny Perrotti	kperrotti@gsuhsd.org	408-438-6009	Maddy Trimpi	coachmtrimpi@gsuhsd.org	802-356-1068	Sara Mardesich	coachsmardesich@gsuhsd.org	415-497-5424
Girls CIF Central Coast	CCS	SCVAL	tim.lugo@mvla.net	School	CIF HS \ Mountain View	mvhs.mvla.net	Tim Lugo	tim.lugo@mvla.net	408-332-1074	Abi Pinson	abigael.smith98@gmail.com	408-931-1230	Paige Bennion	paigebennion@gmail.com	650-388-8326
Central Coast Section J	CCS	SCVAL	scdavis@pausd.org	School	CIF HS \ Palo Alto High School	https://www.paloaltoathletics.com	Scott Davis	scdavis@pausd.org	(650) 329-3701	Caitlin Chu	kaitlinchiu@yahoo.com	(650) 329-3701	N/A	N/A	N/A
Central Coast Section J	CCS	SCVAL	rellis@gsuhsd.org	School	CIF HS \ Saratoga	shs-athletics.com	Rick Ellis	rellis@gsuhsd.org	831-419-1409	Sarah Brauer	sbrauer22@gmail.com	408-674-4348	NA	NA	NA
Central Coast Section J	CCS	SCVAL	lhardesty@scusd.org	School	CIF HS \ Wilcox		laura stott	lhardesty@scusd.org	4088296692	morgan	msmith@scusd.org	2035309381	no	no	no
Central Coast Section J	CCS	WBAL- Alpine	ssell@smuhsd.org	School	CIF HS \ Aragon High School	https://ahs.smuhsd.org	Steve Sell	ssell@smuhsd.org	6508235829	Ash Parham	aparham@smuhsd.org	650-704-9649	Yahir Fonseca	yahirfonseca34@gmail.com	650-713-9851
Girls CIF Central Coast	CCS	WBAL- Alpine	sshaughnessy@castilleja.org	School	CIF HS \ Castilleja	https://www.castilleja.org	Sara Shaughnessy	sshaughnessy@castilleja.org	415-254-7458	Steve Rochlin	srochlin@castilleja.org	415-999-6083	Carlos Diaz	cdiaz@castilleja.org	650-468-1648
Central Coast Section J	CCS	WBAL- Alpine	khickey@mercyhsb.org	School	CIF HS \ Mercy High School	www.mercyhsb.org	Kelly Hickey	khickey@mercyhsb.org	707 799 8732	Haylee Klingler	hklingler@mercyhsb.org	650-784-2855	Haylee Klingler	hklingler@mercyhsb.org	650-784-2855
Central Coast Section J	CCS	WBAL- Alpine	lgill@ndhsb.org	School	CIF HS \ Note Dame Belmont	https://www.ndhsb.org	Laura Gill	lgill@ndhsb.org	7082577992	Will Evans	Wevans@ndhsb.org	6507592768	Mary Beth Nappi	marybethnappi2@gmail.com	6505047765
Girls CIF Central Coast	CCS	WBAL- Alpine	ynash@ndsj.org	School	CIF HS \ Notre Dame San Jose HS		Yelena Nash	ynash@ndsj.org	(347) 282-6640	Lilly Riehl	lriehl@ndsj.org	(617) 3011617	N/A	N/A	N/A
Girls CIF Central Coast	CCS	WBAL- Alpine	mwest@present.org	School	CIF HS \ Presentation	https://www.presentation.org	Mike West	mwest@present.org	4087500757	Jodie Sung	jsung@presentation.org	4152603334	N/A	N/A	N/A
Central Coast Section J	CCS	WBAL- Alpine		School	CIF HS \ The Harker School		Dan Molin	danm@harker.org		Lauren Brown	lauren.brown@harker.org				
Girls CIF Central Coast	CCS	WBAL- Foothill	mmarcuson@mit.edu	School	CIF HS \ Archbishop Mitty	https://www.mitty.org	Monica Marcuson	mmarcuson@mit.edu	650-576-7117	Alyssa Dunlap	adunlap@mitty.org	610-405-0962	Delaney O'Brian	laney5619@gmail.com	610-405-0962
Girls CIF Central Coast	CCS	WBAL- Foothill	pkw22@yahoo.com	School	CIF HS \ Burlingame High School	https://www.burlingameathletics.com	John Philipopoulos	jphilipopoulos@yahoo.com	6505802826	Phil Wang	pkw22@yahoo.com	6504837977	Angela Zink	azink@smuhsd.org	6503072902
Central Coast Section J	CCS	WBAL- Foothill	buward@menloschools.org	School	CIF HS \ Menlo School	https://www.menloschools.org	Buffie Ward Willis	buward@menloschools.org	650-575-1382	Parnika Patel	ppatel@menloschools.org	510-953-8412	Deric Thompson	derichthompson2@gmail.com	650-485-0372
Girls CIF Central Coast	CCS	WBAL- Foothill	alexis@longinotti.org	School	CIF HS \ Menlo-Atherton High School	https://www.bearathletics.com	Steven Kryger	mrkryger@mrkryger.com	650-766-0345	Alexis Longinotti	alexis@longinotti.org	650-996-4455	Olivia DelRosso	o.ossorled95@gmail.com	650-339-0061
Central Coast Section J	CCS	WBAL- Foothill	dhemm@shscho.org	School	CIF HS \ Sacred Heart Prep	https://www.shscho.org	Dawn Hemm	dhemm@shscho.org	408 219-7812	Stephanie Sande	coyne.steph@gmail.com	443 803-3615	Kendra Campbell	kendralcampbell@gmail.com	415 806-7150
Girls CIF Central Coast	CCS	WBAL- Foothill	audriencaranjo@sfsd.org	School	CIF HS \ Saint Francis High School	https://sfsathletics.com	Matthew Maguire	mattmaguire@sfsd.org	775-232-2259	Doug Arakawa	douglasarakawa@gmail.com	650-269-8313	Mason Hoyt	masonhoyt@sfsd.org	408-515-3760
Central Coast Section J	CCS	WBAL- Foothill	gsalazar@siprep.org	School	CIF HS \ St. Ignace College Prep	siwildcats.com	John Mulkerrins	jmulkerrins@siprep.org	6504551821 (Asst)	Mary McDonough	mmcdonough@siprep.org	(518) 727-6380	Brielle Rapsas	brapsas@siprep.org	973-856-5091
Girls CIF Central Coast	CCS	WBAL- Skyline	psmith@seq.org	School	CIF HS \ Carlmont	https://www.carlmontathletics.com	Patrick Smith	psmith@seq.org	650-787-5963	Chris Coulter	coulter227@gmail.com	650-575-2001	TBA		
Girls CIF Central Coast	CCS	WBAL- Skyline	cwade@crystalcreek.org	School	CIF HS \ Crystal Springs Uplands	https://www.crystalcreek.org	Chris Wade	cwade@crystalcreek.org	805-901-4076	Stu Fisher	sfisher@crystalcreek.org	415-299-2992	n/a	n/a	n/a
Girls CIF Central Coast	CCS	WBAL- Skyline	hillsdale.girlslacrosse@hillsdale.org	School	CIF HS \ Hillsdale High School	https://www.hillsdale.org	James Madison	jmadison@smuhillsdale.org	415-786-8890	Caitlin Simpson	hillsdale.girlslacrosse@gmail.com	650-245-2583	Caitlin Simpson	hillsdale.girlslacrosse@gmail.com	650-245-2583
Girls CIF Central Coast	CCS	WBAL- Skyline	coach@seqjax.com	School	CIF HS \ Sequoia High School	https://www.seqjax.com	Melissa Schmidt	mschmidt@seqjax.com	415-846-1488	Ethan Ewing	coach@seqjax.com	6504658321	Ethan Ewing	coach@seqjax.com	6504658321
Central Coast Section J	CCS	WBAL- Skyline	tfaulkner@seq.org	School	CIF HS \ Woodside High School	https://www.woorathletics.com	Tim Faulkner	tfaulkner@seq.org	650-7124-0680	Stacey Myers	staceyjeanmyers@gmail.com	650-704-1006	Megan Wride	mwrite@seq.org	mwrite@seq.org
Central Coast Section J	CCS	WBAL- Skyline	jlee@priorityca.org	School	CIF HS \ Woodside Priority	https://www.priorityca.org	Mark Stogner	mstogner@priorityca.org	+1 (650) 224-4962	Jennifer Lee	jlee@priorityca.org	650-303-2010	Na	Na	Na