

FREEPORT HIGH SCHOOL COACHING STAFF

FALL SPORTS		
Cross Country Boys/Girls	Level	Email
Shane Orlow	Head Coach	shane.orlow@fsd145.org
Football	Level	Email
Anthony Dedmond	Head Coach	anthony.dedmond@fsd145.org
Flag Football - Girls		
Haley Swords	Head Coach	haley.swords@fsd145.org
Golf - Boys/Girls	Level	Email
Matt Gallie	Head Coach	matthew.gallie@fsd145.org
Soccer - Boys	Level	Email
Matt Janosik	Head Coach	matt.janosik@fsd145.org
Swim - Girls	Level	Email
Christy Evans	Head Coach	christy.evans@fsd145.org
Tennis - Girls	Level	Email
Rick Eiler	Head Coach	richard.eiler@fsd145.org
Volleyball - Girls	Level	Email
Jerry Teresi	Head Coach	jerry.teresi@fsd145.org
Sideline Dance	Level	Email
Tara Hersey	Head Coach	tara.hersey@fsd145.org
Sideline Cheer	Level	Email
Madelyn Allen	Head Coach	madelyn.allen@fsd145.org
WINTER SPORTS		
Boys' Basketball	Level	Email
Theford Jackson	Head Coach	theford.jackson@fsd145.org
Girl's Basketball	Level	Email
John O'Bryan	Head Coach	john.obryan@fsd145.org
Bowling Boys	Level	Email
John Kreeger	Head Coach	john.kreeger@fsd145.org
Bowling Girls	Level	Email
Tim Jacobs	Head Coach	tim.jacobs@fsd145.org
Swim Boys	Level	Email
Deb Wichman	Head Coach	deborah.wichman@fsd145.org
Wrestling	Level	Email
Nathan Arendt	Head Coach	nathan.arendt@fsd145.org
Comp Dance	Level	Email
Tara Hersey	Head Coach	tara.hersey@fsd145.org
Comp Cheer	Level	Email
Nacia Patterson	Head Coach	nacia.patterson@fsd145.org
SPRING SPORTS		
Baseball	Level	Email
Shaun Dascher	Head Coach	shaun.dascher@fsd145.org
Soccer-Girls	Level	Email
Nick Namio	Head Coach	nick.namio@fsd145.org
Softball	Level	Email
Mirakel Dedmond	Head Coach	mirakel.dedmond@fsd145.org
Tennis - Boys	Level	Email
Ed Schradermeier	Head Coach	ed.schradermeier@fsd145.org
Track-Boys	Level	Email
Rick Eiler	Head Coach	richard.eiler@fsd145.org
Track-Girls	Level	Email
Shane Orlow	Head Coach	shane.orlow@fsd145.org
Volleyball - Boys	Level	Email
Jerry Teresi	Head Coach	jerry.teresi@fsd145.org
Brad Pemberton, Athletic Director		