



CAPO VALLEY HIGH SCHOOL

ATHLETIC COACHES

FALL SPORTS	Head Coach	E-Mail Address
Boys' Cross Country	Matt Soto	mjsoto@capousd.org
Girls' Cross Country	Matt Soto	mjsoto@capousd.org
Girls' Flag Football	Denis Prado	dmprado@capousd.org
Football	Sean Curtis	sdcurtis@capousd.org
Girls' Golf	Mike Minier & Ryan Gustafson	mhminier@capousd.org rrgustafson@capousd.org
Girls' Tennis	Alan Ho	alho@capousd.org
Girls' Volleyball	Billy Crow	billycrow02@gmail.com
Boys' Water Polo	OJ Vazquez	omvazquez@capousd.org
Pep Squad	Bianca Salter	bmsalter@capousd.org
Surf	Brian Schultz	bnschultz@capousd.org
WINTER SPORTS	Head Coach	E-Mail Address
Boys' Basketball	Brian Mulligan	bgmulligan@capousd.org
Girls' Basketball	Erik Ochwat	erikochwat@yahoo.com
Girls' Soccer	Jason Sorrell	jgsorrell@capousd.org
Girls' Water Polo	Jessy Cardey	jscardey@capousd.org
Boys' Wrestling	Joshua Resnick	jeresnick@capousd.org
Girls' Wrestling	Joshua Resnick	jeresnick@capousd.org
SPRING SPORTS	Head Coach	E-Mail Address
Baseball	George Chace	gechace@capousd.org
Boys' Golf	Mike Minier & Ryan Gustafson	mhminier@capousd.org rrgustafson@capousd.org
Softball	Marla Becerra	mebecerra@capousd.org
Boys' Swim	Rachel Guilkey	raguilkey@capousd.org
Girls' Swim	Alica Ruiz	alruiz@capousd.org
Boys' Tennis	Alan Ho	alho@capousd.org
Boys' Track & Field	Scott Schepens	smschepens@capousd.org
Girls' Track & Field	Scott Schepens	smschepens@capousd.org
Boys' Volleyball	Gus Culver	capoboysvb@gmail.com
Boys' Lacrosse	Michael Scholl	msscholl@capousd.org
Girls' Lacrosse	TBD	
Girls' Sand Volleyball	Kent Shuster	kent@shusterfinancialstrategies.com
Principal	John Misustin	jnmisustin@capousd.org
Athletic Director	Matt Watts	mlwatts@capousd.org
Trainer	Alicia Castellon	alcastellon@capousd.org
Athletics Web Site	capovalleyathletics.org	