

Rams Athletics

Coaching Staff

Fall Sports

Cheerleading	Julie James	Julie_A_James@mcpsmd.org
JV Cheerleading	Kelsey Boyd	Kelsey_M_Boyd@mcpsmd.org
Cross Country	Sarah Thomas	Sarah_B_Thomas@mcpsmd.org
Field Hockey-V	Ray Trail	Raymond_J_Trail@mcpsmd.org
Field Hockey-JV	Katie Gross	Katherine_A_Gross@mcpsmd.org
Football-V	Jason Lomax	Jason_Lomax@mcpsmd.org
Football-JV	Brandon Martin	Brandon_C_Martin@mcpsmd.org
Golf	Jesse Rutter	Jesse_A_Rutter@mcpsmd.org
Poms	Erin Kelly	Erin_Kelly@mcpsmd.org
Boys Soccer-V	Julio Zarate	Julio_Zarate@mcpsmd.org
Boys Soccer-JV	Nick Loutoo	Nicholas_F_Loutoo@mcpsmd.org
Girls Soccer-V	Neil Gottlieb	Neil_Gottlieb@mcpsmd.org
Girls Soccer-JV	Cassandra Calderon	Cassandra_M_Calderon@mcpsmd.org
Girls Volleyball-V	Ariella Rodriguez	Ariella_E_Rodriguez@mcpsmd.org
Girls Volleyball-JV	Katrina Le	Huong_Le@mcpsmd.org

Winter Sports

Boys Basketball-V	Todd Dembroski	Todd_M_Dembroski@mcpsmd.org
Boys Basketball-JV	Todd Nelson	Tanner_W_Nelson@mcpsmd.org
Girls Basketball-V	Gretchen Gregg	Gretchen_Gregg@mcpsmd.org
Girls Basketball-JV	Ashely Kunzman	Ashley_N_Kunzman@mcpsmd.org
Allied Bocce	Katie Nagiel	Kathryn_F_Nagiel@mcpsmd.org
Cheerleading	Julie James	Julie_A_James@mcpsmd.org
Indoor Track	Nicole Stransky	Nicole_B_Stransky@mcpsmd.org
Poms	Megan Freed	Megan_J_Freed@mcpsmd.org
Swim/Dive	Jim Castonguay	James_M_Castonguay@mcpsmd.org
Wrestling-V	Will Morris	William_C_Morris@mcpsmd.org
Wrestling-JV	Ben Wisniewski	Benjamin_T_Wisniewski@mcpsmd.org

Spring Sports

Baseball-V

Farron Riggs

Farron_S_Riggs@mcpsmd.org

Baseball-JV

Kevin McTighe

Kevin_McTighe@mcpsmd.org

Boys Lacrosse-V

Jimmy Castro

Jimmy_A_Castro@mcpsmd.org

Boys Lacrosse-JV

Patrick O'Connell

Patrick_G_OConnell@mcpsmd.org

Girls Lacrosse-V

Will Morris

William_C_Morris@mcpsmd.org

Girls Lacrosse-JV

Samantha Coffey

Softball-V

Tayrn Trazkovich

Taryn_S_Trazkovich@mcpsmd.org

Softball-JV

Jocelyn Pickering

Jocelyn_M_Pickering@mcpsmd.org

Allied Softball

Gillian Kramer

Gillian_Kramer@mcpsmd.org

Boys Tennis

Todd Dembroski

Todd_M_Dembroski@mcpsmd.org

Girls Tennis

Robert Stohlman

Robert_F_Stohlman@mcpsmd.org

Track/Field

Nicole Stransky

Nicole_B_Stransky@mcpsmd.org

Coed Volleyball-V

Ray Trail

Raymond_J_Trail@mcpsmd.org

Boys Volleyball-V

Ariella Rodriguez

Ariella_E_Rodriguez@mcpsmd.org