



# FEDERAL WAY HIGH SCHOOL

DEPARTMENT OF ATHLETICS  
30611 16<sup>th</sup> Ave S. - Federal Way, WA 98003  
PHONE: (253) 945-5400  
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## 2009 Eagles Boy's & Girl's Cross Country

### Administration

**Principal:** Lisa Griebel  
**Asst.-Principal:** Jerry Warren  
**Asst.-Principal:** Mike Conrath

### Fall Varsity Head Coaches

**X-Country (Boys):** Jean Licari  
**X-Country (Girls):** Jean Licari  
**Football:** John Meagher  
**Golf (Boys):** Mike Minahan  
**Golf (Girls):** Tim McManemy  
**Soccer (Girls):** Adam Ladage  
**Swim/Dive (Girls):** Carla Boone  
**Tennis (Boys):** Jerome Collins  
**Volleyball:** Donja Walker  
**Fall Cheer:** Jamie Tough/B. Thomas  
**Dance/Drill:** Pat Adkins

### Winter Varsity Head Coaches

**Basketball (Boys):** Jerome Collins  
**Basketball (Girls):** Dan Graham  
**Gymnastics:** Jamie Tough  
**Swim/Dive (Boys):** Carla Boone  
**Wrestling:** Travis Mango  
**Winter Cheer:** Jamie Tough/B. Thomas  
**Dance/Drill:** Pat Adkins

### Spring Varsity Head Coaches

**Baseball:** Dan Graham  
**Fastpitch:** Rosemarie Burke  
**Soccer (Boys):** Jason Baumgardt  
**Tennis (Girls):** Carmen Ferguson  
**Track & Field (Boys):** Sam Beesley  
**Track & Field (Girls):** Jean Licari  
**Spring Cheer:** Jamie Tough/B. Thomas  
**Dance/Drill:** Pat Adkins

### Athletic Office

**Athletic Director:**  
Miguel Perez  
**Secretary:**  
Dodie Conklin

### Federal Way High School

**Mascot:** Eagles  
**Enrollment:** (9-12)  
**WIAA District:** 3  
**League:** SPSL 4A (North/Central)

<u>Day</u>	<u>Date</u>	<u>Bus</u>	<u>Opponent</u>	<u>Site</u>
Mon.	Aug. 24		First Day Of Practice	
Tues.	Sept. 1		Parent Meeting 6:00 PM	FWHS Gym
Sat	Sept. 12	7:00am	Tahoma Coed Relay	Lk. Wilderness
Wed.	Sept. 16		Decatur	FWHS
Wed.	Sept. 23		Todd Beamer	FWHS
Sat.	Sept. 26	7:30 am	Three Course Challenge	Seaside, OR
Wed.	Sept. 30	2:15 pm	Auburn Riverside	ARHS
Sat.	Oct 3	7:30 am	Curtis Invite	Titlow Park
Wed.	Oct. 7	2:15 pm	Curtis	Titlow Park
Wed.	Oct. 14		Thomas Jefferson With Decatur & Beamer	TJHS

### Regular Meet Times:

Boys JV: 4:00 pm  
Girls JV/V: 4:30 pm  
Boys Varsity: 5:00 pm

### Post Season Schedule:

Sub-District: Sat., Oct. 24 @ Fort Steilacoom Park  
District Non-Quals: Tues., Oct. 27 @ Auburn Riverside  
WCDIII: Sat., Oct. 31 @ American Lake G.C.  
State: Sat., Nov. 7th @ PASCO

### Coaching Staff:

**Head Coach:** Jean Licari  
**Assistant Coach:** Jordanne Nevin

**Home Event Site:** Federal Way High School

**For more information go to:** [www.athletic.net](http://www.athletic.net)  
[www.spsl.org](http://www.spsl.org)