



FEDERAL WAY HIGH SCHOOL

DEPARTMENT OF ATHLETICS
30611 16th Ave S. - Federal Way, WA 98003
PHONE: (253) 945-5400
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2009-2010 Eagles' Wrestling

Administration

Principal: Lisa Griebel
Asst.-Principal: Meredith Maurer
Asst.-Principal: Jerry Warren
Asst.-Principal: Mike Conrath
Admin Support: Rosemarie Burke
Admin Intern: Chad Litrell
Admin. Intern: Jordane Nevin
Bookkeeper: Jacki Racus

Fall Varsity Head Coaches

X-Country (Boys): Jean Licari
X-Country (Girls): Jean Licari
Football: John Meagher
Golf (Boys): Mike Minahan
Soccer (Girls): Jason Baumgardt
Swim/Dive (Girls): Carla Boone
Tennis (Boys): Jerome Collins
Volleyball: Pat Adkins
Fall Cheer: Jamie Tough
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
Dance/Drill: Pat Adkins

Spring Varsity Head Coaches

Baseball: Dan Graham
Fastpitch: Rosemarie Burke
Golf (Girls): Tim McManemy
Soccer (Boys): Jason Baumgardt
Tennis (Girls): Carmen Ferguson
Track & Field (Boys): Sam Beesley
Track & Field (Girls): Jean Licari
Spring Cheer: Jamie Tough
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>Opponent</u>	<u>Site</u>	<u>Time</u>
Mon.	Nov. 16	First Day of Practice	Wrestling Room	2:29
Mon.	Nov. 23	Weight Assessment*	FWM Stadium	2:30
Wed.	Dec. 2	Rick Sales Take Down Tourney	Columbia Jr. High	5:00
Thur.	Dec. 3	First Annual Blue/White Meet	FWHS	6:30
Sat.	Dec. 5	Puyallup Tournament	Puyallup HS	TBA
Tue.	Dec. 8	Team Pictures	Wrestling Room	3:00
Fri.	Dec. 11	@ Decatur	Decatur HS	6:00
Sat.	Dec. 12	Scoop Invitational	Jackson HS	TBA
Tue.	Dec. 15	Double Dual @ Highline	Highline HS	5:00
Wed.	Dec. 16	vs. Curtis	Federal Way	6:00
Sat.	Dec. 19	Nathan Hale Invitational	Nathan Hale HS	TBA
Tue.	Dec. 29	North Mason JV Tourney	North Mason HS	TBA
Wed.	Dec. 30	North Mason Varsity Tourney	North Mason HS	TBA
Sat.	Jan. 2	Lynden Double Dual Tourney	Lynden HS	TBA
Thur.	Jan. 7	vs. Thomas Jefferson	Federal Way	6:00
Wed.	Jan. 13	vs. Todd Beamer	Federal Way	6:00
Sat.	Jan. 16	Fife Tournament	Fife HS	TBA
Wed.	Jan. 20	@ Auburn Riverside	Auburn Riverside	6:00
Thurs.	Jan. 21	@ Kent Meridian	Kent Meridian	TBA
Fri.	Jan. 29	vs. Puyallup	Federal Way	6:00
Sat.	Jan. 30	Lady Wolfpack Invitational	Jackson HS	TBA

*Make up Weight Assessments:

Mon.	Nov. 30	FWM Stadium	4:00-5:00
Mon.	Dec. 7	FWM Stadium	2:30-3:30
Mon.	Dec. 14	FWM Stadium	2:30-3:30

JV- 6 pm start time

Var- 7:30 pm start time

***Denotes non-league**

Post Season Schedule

Fri./Sat.	Feb. 5/6	Sub Regional	TBA	TBA
Fri./Sat.	Feb. 12/13	Regional Tournament	TBA	TBA
Fri./Sat.	Feb. 19/20	State	Tacoma Dome	TBA

Coaching Staff:

Head Coach: Travis Mango

Var. Asst.: Aaron Ashe

Var. Asst.: Tom Ray