



FEDERAL WAY HIGH SCHOOL

DEPARTMENT OF ATHLETICS
30611 16th Ave S. - Federal Way, WA 98003
PHONE: (253) 945-5400
FAX: (253) 945-5454



2009-2010 Eagles' Gymnastics

Administration

Principal: Lisa Griebel
Asst.-Principal: Meredith Maurer
Asst.-Principal: Jerry Warren
Asst.-Principal: Mike Conrath
Admin Support: Rosemarie Burke
Admin. Intern: Chad Littrill
Admin. Intern: Jordane Nevin
Office Manager: Robyn Jackson
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
Athletic Trainer: Melissa Hardin

Federal Way High School

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

<u>Day</u>	<u>Date</u>	<u>Opponents</u>	<u>Site</u>	<u>Time</u>
Mon.	Nov. 9	First Day Of Practice		
Wed.	Dec. 9	Beamer, Decatur	Home	7:00 pm
Wed.	Dec. 16	Beamer, Decatur	Decatur	7:00 pm
Wed.	Jan. 6	Kentridge, Kentwood, Olympia	Home	7:00 pm
Wed.	Jan. 13	Kent Meridian, Tahoma	Away	7:00 pm
Wed.	Jan. 20	T. Jefferson, Kentlake, Capital	TJHS	7:00 pm
Wed.	Jan. 27	Beamer, Decatur, TJ (All City)	Decatur	7:00 pm
Mon.	Feb. 1	JV Invitational Meet	ARHS	7:00 pm

Post Season Schedule:

Sat. Feb. 6- Sub-District Meet @ Kentwood
Sat. Feb. 13- District Meet @ Auburn Mountainview
Fri.-Sat. Feb. 19- 20- States @ Tacoma Dome

Coaching Staff:

Head Coach: Jamie Tough
Var. Asst.: Bryant Thomas

Home Event Site: Federal Way High School Gymnasium