

# High Schools

High School	Coach	E-Mail	Cell Phone
Mater Dei	Dennis Litteken	dlitteken@charter.net	618-409-8442
Mater Dei	Ron Hellmann	bowled834@hotmail.com	618-420-1221
Columbia	Kevin Nowak	Kevin@nowakinsurance.com	618-791-5596
Lebanon	Sandy Darnstaedt	QBOB300@aol.com	406-6168
Waterloo	Matt Beck	Mbeck@wcusd5.net	795-6286
Gibault	Tom Fanara	cthfanar@cbgundaker.com	314-517-7789
Wesclin	Terry Howard	uclab@yahoo.com	618-973-8595
Cahokia	Kirk Martin	Kkkccm@aol.com	618-670-7163
Althoff Catholic	Dave Imber	ibiiisp1@gmail.com	476-7386
Freeburg	Karen Fellows	Fellowkd@fchs77.org	618-604-1008
Althoff Catholic	Christy Gundlach	gund33@hotmail.com	618-406-3166
Cahokia	Norma Dublar	dublarn@sbcglobal.net	337-7496/C-567-0570
Jersey Community	Christie Roth	croth@jersey100.k12.il.us	618-946-6042
Metro East Lutheran	Jay Lindsey	jay.lindsey@melhs.org	618-444-7335
Highland	Laura Wander-Vrell	Feather26@aol.com	618-578-9769
Mascoutah	Mark Tubb		618-741-6934
Civic Memorial	Kathy Bold	kathybold@empowering.com	618-806-5779
Southwestern	Jason Crowell	jcrowell@piasabirds.net	217-710-4757
Roxanna	Mike McKinney	winmckinn1966@yahoo.com	254-7553
Civic Memorial	Shawn Callies	scallies@bethalto.org	618-304-7217
East Alton/Wood River	Stacy Vambeketes	svambaketes@eawr.org	618-322-0668
Civic Memorial	Steve Carey	scarey@bethalto.org	618-444-4209
O'Fallon	Garrett Spencer	gspencer@oths.k12.il.us	618-581-5268
Belleville West	Dennis Erlich	se4golf@charter.net	660-9644
Belleville East	Gene Barrett	gene.barrett@sbcglobal.net	618-531-8050
East St. Louis	AJ Givens	ajgivens@stclair.k12.il.us	618-409-3711
Belleville East	Ricky King	rking81157@yahoo.com	618-531-6908
Collinsville	Sean Hay	shay@kahoks.org	520-5888
Edwardsville	Craig Ohlau	cohlau@ecusd7.org	618-559-7519
Alton	Jeff Woszczyński	altonbowling@yahoo.com	618-806-7884
O'Fallon	Mike Imes	stclairbowlyouth@att.net	618-806-3876



High School	Coach	E-Mail	Cell Phone
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Granite City

Trina Tsigolaroff

trina.tsigolaroff@gcsd9.net

618-444-1293

