



# FALLS CHURCH HIGH SCHOOL

## HOME OF THE JAGUARS

### ATHLETIC DEPARTMENT & ACTIVITIES CONTACTS

#### ATHLETIC OFFICE

**Greg Weisbecker**  
Director of Student Activities  
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703-207-4023

**Belinda Kim**  
Assistant Director of Student Activities  
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**Ryan Healy**  
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**Joe Bermingham**  
Assistant Director of Student Clubs  
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**Stephanie Tong**  
Athletic Trainer  
stong@fcps.edu

**Jake Ivey**  
Athletic Trainer  
jaivey@fcps.edu

**Christina Lugo**  
Administrative Assistant  
cmlugo1@fcps.edu

### TEAM INFORMATION & COACHING STAFF

#### FALL SPORTS STARTS AUGUST 3

 **Cheerleading**  
Head Coach: Roxana Rivera  
rarivera1@fcps.edu  
Competition & Sideline Team  
IG: @jags.cheer.fc

 **Cross Country**  
Head Coach: Peter Verasin  
pnverasin@fcps.edu  
Boys & Girls Teams  
IG: @fcjagsxctf

 **Field Hockey**  
Head Coach: Karride laHoussaye  
kadelahoussa@fcps.edu  
JV & Varsity Team  
IG: @fcfockey

 **Football**  
Head Coach: Tim Coogan  
tmcoogan@fcps.edu  
Freshman, JV, Varsity Teams  
IG: @fcjaguarfootball

 **Golf**  
Head Coach: Seth Richardson  
serichardso1@fcps.edu  
Boys & Girls Teams  
IG: @fc.golf23

 **Boys Volleyball**  
Head Coach: Rob Baily  
rdbaily@fcps.edu  
IG: @fcboysvarsityvball

 **Girls Volleyball**  
Head Coach: Belinda Kim  
blkim@fcps.edu  
Freshman, JV, Varsity Teams  
IG: @fcvarsityvball

 **Girls Flag**  
Head Coach: Katelyn Charlotin  
kccharlotin@fcps.edu


#### WINTER SPORTS STARTS NOVEMBER 9

 **Boys Basketball**  
Head Coach: Darrian Mangum  
damangum@fcps.edu  
Freshman, JV, Varsity Teams  
IG: @fallschurchboysbasketball


 **Girls Basketball**  
Head Coach: Terri Pendleton  
tpendleton@fcps.edu  
Freshman, JV, Varsity Teams  
IG: @fchs\_gbb

 **Gymnastics**  
Head Coach: Pete Novgrod  
pjonvrod@fcps.edu  
IG: @fchs.gymnastics

 **Indoor Track**  
Head Coach: Peter Verasin  
pnverasin@fcps.edu  
Boys & Girls Teams  
IG: @fcjagsxctf


 **Sideline Cheer**  
Head Coach: Roxana Rivera  
rarivera1@fcps.edu  
Sideline Only  
IG: @jags.cheer.fc

 **Swim & Dive**  
Head Coach: TBD  
gpweisbecker@fcps.edu  
Boys & Girls Teams  
IG: @fallschurchswimanddive

 **Wrestling**  
Boys Head Coach: Cory Apps  
coapps@fcps.edu  
Girls Head Coach: Ronnie Howard  
rthoward@fcps.edu  
IG: @official\_fchswrestling

#### SPRING SPORTS STARTS FEBRUARY 22

 **Baseball**  
Head Coach: Teddy Wilhelm  
ewilhelm@fcps.edu  
JV & Varsity Teams  
IG: @fcjagsbaseball

 **Boys Lacrosse**  
Head Coach: Joe Bermingham  
jbermingham@fcps.edu  
JV & Varsity Teams  
IG: @fchsboyslax

 **Girls Lacrosse**  
Head Coach: David Dresser  
ddresser@fcps.edu  
JV & Varsity Team  
IG: @girlsjaxlax

 **Outdoor Track**  
Head Coach: Peter Verasin  
pnverasin@fcps.edu  
Boys & Girls Teams  
IG: @fcjagsxctf

 **Boys Soccer**  
Head Coach: Jay Zachariah  
jczachariah@fcps.edu  
JV & Varsity Teams  
IG: @fchsboysoccer

 **Girls Soccer**  
Head Coach: Gretchen Bennett  
gmbennett@fcps.edu  
JV & Varsity Teams  
IG: @jagsgsoc

 **Softball**  
Head Coach: Julia Nelson  
jenelson@fcps.edu  
JV & Varsity Teams  
IG: @fchs.softball

 **Girls Tennis**  
Head Coach: Ryan Kenna  
RHKenna@fcps.edu  
IG: @fc.girlstennis

 **Boys Tennis**  
Head Coach: Seth Richardson  
serichardso1@fcps.edu  
IG: @fchsboystennis

#### VHSL ACTIVITIES

**Joe Bermingham**  
Scholastic Bowl  
jbermingham@fcps.edu



**Madeline Willard**  
One Acts  
mmwillard@fcps.edu



**Liam Ryde**  
Esports  
laryde@fcps.edu



#### FORENSICS

**Sibel Singleton & Antonia Nagle**  
Forensics

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