# Hoover High Athletics 2023-24

<table>
<thead>
<tr>
<th>Associate Principal of Athletics:</th>
<th>ASB Advisor:</th>
<th>Follow us at</th>
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<tbody>
<tr>
<td>Charles De Freitas</td>
<td>Briana Desingano</td>
<td>Hoover_Athletics</td>
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<tr>
<td><a href="mailto:cdefreitas@sandi.net">cdefreitas@sandi.net</a></td>
<td><a href="mailto:bdesingano@sandi.net">bdesingano@sandi.net</a></td>
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<th>Athletic Director:</th>
<th>Cheer Coach:</th>
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<tr>
<td>Vanessa Stahley</td>
<td>Trina Reeves</td>
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<tr>
<td><a href="mailto:vstahley@sandi.net">vstahley@sandi.net</a></td>
<td><a href="mailto:trina.fowler71@gmail.com">trina.fowler71@gmail.com</a></td>
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<th>Website</th>
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<td>hhcardinals.com</td>
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## Fall Sports

- **August-November**
  - Cross Country (Boys/Girls)
    - Coach: Isaiah Hilton/Demi Gonzalez
      - ihilton@sandi.net
      - dgonzalez6@sandi.net
  - Football
    - Coach: Will Gray
      - coachwillgray@yahoo.com
  - Girls Flag Football
    - Coach: Coach P
      - sphongsavad@sandi.net
  - Tennis Girls
    - Coach: Ping Wu
      - Ping4646@gmail.com
  - Girls Volleyball
    - Coach: Julia Holden
      - juliacholden@gmail.com

## Winter Sports

- **November-February**
  - Basketball
    - Boys’ Coach: Walt Felusme
      - wfulusme@yahoo.com
    - Girls’ Coach: Carey Miller
      - cmiller213@hotmail.com
  - Boys and Girls Soccer
    - Boys’ Coach: Jose De Los Santos
      - soccerprof_08@yahoo.com
  - Wrestling (Boys/Girls)
    - Coach: Charles Allen
      - clomacka@gmail.com

## Spring Sports

- **February-May**
  - Baseball
    - Coach: Daniel White
      - dwhite@sandi.net
  - Softball
    - Coach: David Malo
      - dmalo@sandi.net
  - Swimming & Diving (Boys/Girls)
    - Coach: Patty Arizmendi
      - xicadelxol@gmail.com
    - Coach: Diana Santos
      - sdiana3293@gmail.com
  - Track & Field (Boys/Girls)
    - Coach: Isaiah Hilton/Demi Gonzalez
      - ihilton@sandi.net
      - dgonzalez6@sandi.net
  - Boys Volleyball / Girls Beach Volley
    - Coach: Julia Holden
      - juliacholden@gmail.com
  - Tennis Boys
    - Coach: Ping Wu
      - Ping4646@gmail.com
  - Badminton (Boys/Girls)
    - Coach: John Ta
      - jtalzang@sandi.net