



# Potomac High School Athletics



Sport	Coach	Email
<b>FALL SPORTS start on SEE BELOW</b>		
Cross Country Aug 5	Jeff Foy	<a href="mailto:fojil@pwcs.edu">fojil@pwcs.edu</a>
Field Hockey Aug 5	Angie Strycharz	<a href="mailto:strychal@pwcs.edu">strychal@pwcs.edu</a>
Football Aug 1	Jajuan Johnson	<a href="mailto:johnsojd@pwcs.edu">johnsojd@pwcs.edu</a>
Golf July 29	Nick Perelli	<a href="mailto:perellnj@pwcs.edu">perellnj@pwcs.edu</a>
Volleyball Aug 5	Gabbi Mack	<a href="mailto:mackgr@pwcs.edu">mackgr@pwcs.edu</a>
Cheer Aug 1	MK Hinton	<a href="mailto:hintonml@pwcs.edu">hintonml@pwcs.edu</a>
<b>WINTER SPORTS start on November 11, 2024</b>		
Basketball-Boys	Anthony Mills	<a href="mailto:potomacboysbb@gmail.com">potomacboysbb@gmail.com</a>
Basketball-Girls	Quiana Kizer	<a href="mailto:kizerqc@pwcs.edu">kizerqc@pwcs.edu</a>
Wrestling	Matt Munoz	<a href="mailto:munozmj@pwcs.edu">munozmj@pwcs.edu</a>
Swim	Angie Strycharz	<a href="mailto:strychal@pwcs.edu">strychal@pwcs.edu</a>
Indoor Track	Jeff Foy	<a href="mailto:fojil@pwcs.edu">fojil@pwcs.edu</a>
<b>SPRING SPORTS start on February 24, 2025</b>		
Baseball	Brian Blanton	<a href="mailto:blantoba@pwcs.edu">blantoba@pwcs.edu</a>
Softball	Will Patterson	<a href="mailto:patterswb@pwcs.edu">patterswb@pwcs.edu</a>
Lacrosse-Boys	O'Kelly Russell	<a href="mailto:russelwo@pwcs.edu">russelwo@pwcs.edu</a>
Lacrosse-Girls	Lage Niles	<a href="mailto:nilescl@pwcs.edu">nilescl@pwcs.edu</a>
Soccer-Boys	Austin Johnson	<a href="mailto:johnsoam2@pwcs.edu">johnsoam2@pwcs.edu</a>
Soccer-Girls	Vince Villanueva	<a href="mailto:villanvm@pwcs.edu">villanvm@pwcs.edu</a>
Tennis-Boys	Asya Allen	<a href="mailto:allenar@pwcs.edu">allenar@pwcs.edu</a>
Tennis-Girls	CeCe Alford	<a href="mailto:alfordcl@pwcs.edu">alfordcl@pwcs.edu</a>
Track	Jeff Foy	<a href="mailto:fojil@pwcs.edu">fojil@pwcs.edu</a>
Crew	Bruce Ware	<a href="mailto:warebe@pwcs.edu">warebe@pwcs.edu</a>
Crew	Kevin Sullivan	<a href="mailto:sullivks@pwcs.edu">sullivks@pwcs.edu</a>
Activities Director	Melissa Bankert	<a href="mailto:bankermr@pwcs.edu">bankermr@pwcs.edu</a>