



James Wood High School

Respect - Connect - Do Your Best

161 Apple Pie Ridge Road

Winchester, VA 22603

(540) 667 5226 ext 84238

ADMINISTRATION/ACADEMIC

| | | |
|-----------------------------------|---------------------|--|
| Principal | Sam Gross | gross@fcpsk12.net |
| Assistant Principal | Shelley Andrews | andrewss@fcpsk12.net |
| Assistant Principal | Mike Bolin | bolinm@fcpsk12.net |
| Assistant Principal | Elizabeth Fout | foute@fcpsk12.net |
| Coordinator of Student Activities | Craig Woshner | woshnerc@fcpsk12.net |
| Assistant Activities Coordinator | Richard Moore | moorer@fcpsk12.net |
| Athletic Trainer | Jessica Kotelnicki | kotelnij@fcpsk12.net |
| Choral Director | Melissa Legge Mauck | leggem@fcpsk12.net |
| Band Director | Jeff Rutherford | rutherfordj@fcpsk12.net |
| Drama Coach | Jeff Rutherford | rutherfordj@fcpsk12.net |
| Academic Team Coach | Mark Reddy | reddym@fcpsk12.net |

FALL COACHES

| | | |
|-------------------------|------------------|--|
| Head Varsity Football | Ryan Morgan | morganr@fcpsk12.net |
| Assistant Football | Mark Weir | weirm@fcpsk12.net |
| Assistant Football | Todd Wilson | wilsono@fcpsk12.net |
| Assistant Football | Brian Thomas | thomasb@fcpsk12.net |
| Assistant Football | Jordan Hartman | hartmanj@fcpsk12.net |
| Head JV Football | Nick Manuel | |
| Assistant JV Football | Abeeb Badmus | |
| Head Cross Country | Michael Onda | ondam@fcpsk12.net |
| Assistant Cross Country | Elizabeth Mumaw | mumawe@fcpsk12.net |
| Golf | David Oates | oatesd@fcpsk12.net |
| Varsity Volleyball | Jaime Terenzi | |
| JV Volleyball | Adrienne Patrick | patricka@fcpsk12.net |
| Varsity Cheerleading | Wendy Demaio | demaio@fcpsk12.net |
| JV Cheerleading | MiKayla DeMaio | |



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WINTER COACHES

| | | |
|--------------------------------|-----------------|--|
| Head Boys' Varsity Basketball | Tim Wygant | |
| Assistant Boys' Basketball | Brian Sullivan | sullivab@fcpsk12.net |
| JV Boys' Basketball | Jared Neal | nealj@fcpsk12.net |
| Head Girls' Varsity Basketball | Krista Crites | critesk@fcpsk12.net |
| Assistant Girls' Basketball | Rob Haskiell | haskielr@fcpsk12.net |
| JV Girls' Basketball | Robert Reed | reedr@fcpsk12.net |
| Head Wrestling | Cory Crenshaw | crenhac@fcpsk12.net |
| Assistant Wrestling | Mark Weir | weirm@fcpsk12.net |
| Assistant Wrestling | Jordan Hartman | hartmanj@fcpsk12.net |
| Head Swimming | OPEN | |
| Assistant Swimming | Amanda Fordyce | fordycea@fcpsk12.net |
| Varsity Cheerleading | Wendy Demaio | demaio@fcpsk12.net |
| JV Cheerleading | MiKayla DeMaio | |
| Indoor Track | Michael Onda | ondam@fcpsk12.net |
| Indoor Track | Elizabeth Mumaw | mumawe@fcpsk12.net |

SPRING COACHES

| | |
|-----------------------|-----------------|
| Head Varsity Baseball | Adrian Pullen |
| Assistant Baseball | Brady Cockerham |
| Head JV Baseball | Steve Bell |
| Assistant JV Baseball | OPEN |
| Head Varsity Softball | Todd Baker |
| Assistant Softball | Patrick Gibson |
| JV Softball | OPEN |



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SPRING COACHES, Cont'd

| | | |
|-------------------------|-----------------|--|
| Head Track | Mike Onda | ondam@fcpsk12.net |
| Assistant Track | Elizabeth Mumaw | mumawe@fcpsk12.net |
| Assistant Track | Rusty McDonald | |
| Assistant Track | Caroline Sandy | |
| Assistant Track | OPEN | |
| Head Boys' Soccer | Brian Sullivan | sullivab@fcpsk12.net |
| Assistant Boys' Soccer | Nick Lange | langen@fcpsk12.net |
| JV Boys' Soccer | OPEN | |
| Head Girls' Soccer | Donavan Russell | |
| Assistant Girls' Soccer | Robert Duck | |
| JV Girls' Soccer | Shannyn DeHaven | dehavens@fcpsk12.net |
| Girls' Tennis | OPEN | |
| Boys' Tennis | Greg Jenkins | |

VOLUNTEER COACHES

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| Softball | Steven Hicks |
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