



INGRAHAM HS COACHES / SEASONS 2023 – 2024

FALL SPORTS WIAA

NEW! Slow Pitch Softball 8.21-10/28
Kristin Vincent
kdvincent@seattleschools.org

Girls Swimming 8.21-11.11
Sue Schoolcraft
sjschoolcraf@seattleschools.org

Coed Cross Country 8.21-11.4
Josh Montgomery
jmmontgomery@seattleschools.org

Football 8.16-12.2
Louis Torres
lotorres@seattleschools.org

Coed Golf 8.21
Jon Calderwood
jacalderwood@seattleschools.org

Girls Soccer 8.21-11.18
Corey McNamee
cjmcmnamee@seattleschools.org

Girls Volleyball 8.21-11.11
Madsy Richards
madsyrichards@gmail.com

WINTER SPORTS WIAA

Boys Basketball 11.13-3.2
Alfie Miller
almillersouk@seattleschools.org

Boys Swimming 11.13-3.17
Jenson Yuen
jmyuen@seattleschools.org

Coed Wrestling 11.13-2.17
Sonny Bates-Mundell
sonnybatesmundell@gmail.com

Girls Basketball 11.13-3.2
Jasmine Aina
jaaina@seattleschools.org

Girls Gymnastics 11.13-2.24
Natalie Booth
nabooth@seattleschools.org
Jessica Knapp jwknapp@seattleschools.org

Girls Bowling 10.30-2.3
TBA

SPRING SPORTS WIAA

Boys Baseball 2.26-5.25
TBA

Boys Soccer 2.26-5.25
Corey McNamee
cjmcmnamee@seattleschools.org

Coed Tennis 2.26-5.25
TBD

Coed Track 2.26-5.25
Girls Coach: Meg
megayman@seattleschools.org

Coed Track 2.26-5.25
Boys Coach: Dave Wainwright
dawainwright@seattleschools

Girls Fastpitch 2.26-.5.25
Kristin Vincent
kdvincent@seattleschools.org

I.H.S. CLUB SPORTS Parents, please contact coaches directly for start dates and practice information

Boys Ultimate Fall Var/JV
Keegan Taggart – Co Head Var
Keegan.taggart18@gmail.com
Jessica Spaulding – Co Head Var
Spauldica@gmail.com
ihsultimateboys@gmail Team Mngr

Boys Water Polo Fall
Greg Mercer
Gregory.mercer2831@gmail.com

**Boys Lacrosse-combined Team Fall
Ingraham & Nathan Hale**
Website: <http://www.nathanhale.usl.la/>
Kurt Fritts kfritts@gmail.com

Coed Ultimate Frisbee Winter
Isaac Chamberlain
isaacultimatecoach@gmail.com

Girls Flag Football
Vanessa Ricardi
dvriscardican@seattleschools.org

Unified Special Olympics Basketball
Heidi Leyton
hjleyton@seattleschools.org

Ingraham Cheer SPRING Tryouts
Vanessa Ricardi
dvriscardican@seattleschools.org
Hunter Jupiter Assist Coach
hjupiter@seattleschools.org

Girls Ultimate Frisbee
Emily Zukowski
rose.wear@gmail.com

Unified Soccer
Heidi Leyton
hjleyton@seattleschools.org

Girls Water Polo Spring
Laura Rudolph
lauraemily.rudolph@gmail.com

Girls Lacrosse Spring
Beth O'Connor
nathanhalegirlslacrosse@gmail.com
Assist Coach: Sarah Sullivan
smsullivan@seattleschools.org

Notes:

Parents Register your student at: Final Forms seattleschools-wa.finalforms.com Register Early Please!

Note: minimum number of practices required before competing with 2.0 gpa, a full schedule and on track to graduate.

Email Athletic Director: Mike Wentzel mjwentzel@seattleschools.org if you are attending a private school, alternative education or home schooling or If you are a 10th -12th grader new to Ingraham participating in sports.

Parents: Join/Sports Info: Ingraham Athletic Booster Club: Ingrahamathletics.org

Sports Schedules: metroleaguewa.org

Ticket Info: <https://seattleschools.hometownticketing.com>

Athletic Director: Mike Wentzel mjwentzel@seattleschools.org

Sara Holey: Athletic Trainer sara.holey@seattlechildrens.org – available hours usually after school.

Athletic Secretary: ingrahamathletics@seattleschools.org – please contact me for general info.