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INGRAHAM HS COACHES & SEASONS 2026 - 2027

WIAA SPORTS

Fall Sports WIAA	Winter Sports WIAA	Spring Sports WIAA
Cheer Interim Vanessa Ricardi dvricardican@seattleschools.org	**Basketball – Boys 11/16-3/6/27** Alfie Miller almillersouk@seattleschools.org	**Baseball – Boys 3/1-5/29/27** Tim Lee twlee@seattleschools.org
Coed Cross Country 8/24-11/7/26 Josh Leggett jcleggett@seattleschools.og	**Basketball – Girls 11/16-3/6/27** Jasmin Aina jaaina@seattleschools.org	**Soccer – Boys 3/1-5/29/27** Corey McNamee cjmcnamee@seattleschools.org
Football 8/19-12/5/26 Louis Torres lotorres@seattleschools.org	**Bowling – Girls 11/2-2/6/27** Jamie Gephart jegephart@seattleschools.org	**Softball Fastpitch 3/1-5/22/27** Kristen Vincent kdvincent@seattleschools.org
Golf Co-Ed 8/24-11/14/26 Jon Calderwood jacalderwood@seattleschools.org	**Flag Football 11/16-2/6/27** Vanessa Ricardi dvricardican@seattleschools.org	**Tennis – CoEd 3/1-5/22/27** Lori Monlux Lori@monlux.com
Soccer Girls 8/24-11/21/26 Hanna DeVries hldevries@seattleschools.org	**Gymnastics – Girls 11/9-2/20/27** Natalie Booth nabooth@seattleschools.org Jessica Knapp jwknapp@seattleschools.org	**Track – CoEd 3/1-5/29/27** Dave Wainwright dawainwright@seattleschools.org Adam Frazier acfrazier@seattleschools.org
Softball Slow Pitch 8/24-10/24/26 Kristen Vincent kdvincent@seattleschools.org	**Swim & Dive – Boys 11/16-2/20/27** Dominic Nouwens donouwens@seattleschools.org	
Swim & Dive Girls 8/24-11/14/26 Lily Fitzharris lilyfitzharris01@gmail.com	**Wrestling – Coed 11/16-2/20/27** Sonny Bates-Mundell sobatesmunde@seattleschools.org	
Volleyball – Girls 8/24-11/21/26 David Gresham dvgresham@seattleschools.org		

I.H.S. CLUB SPORTS

Parents, please contact coaches directly for start dates and practice information

Fall Club	Winter Club	Spring Club
Lacrosse – Boys with Nathan Hale Website: NathanHaleBoysLAX Marcos Dachary.com madachary@hotmail.com	**Cheer – Spring Tryouts** Vanessa Ricardi dvicardican@seattleschools.org	**Lacrosse – Girls with Nathan Hale** TBD
Ultimate Frisbee – Boys Keegan Taggart – CoHead Var Keegan.taggart18@gmail.com Jessica Spaulding – CoHead Var spauldica@gmail.com ihsultimateboys@gmail.com ihsmixedultimate@gmail.com	**Ultimate Frisbee – CoEd** Keegan Taggart – CoHead Var Keegan.taggart18@gmail.com Jessica Spaulding – CoHead Var spauldica@gmail.com ihsmixedultimate@gmail.com	**Ultimate Frisbee – Girls** Keegan Taggart – CoHead Var Keegan.taggart18@gmail.com Jessica Spaulding – CoHead Var spauldica@gmail.com ihsmixedultimate@gmail.com
Water Polo – Girls Laura Rudolph lauraemily.rudolph@gmail.com ihswaterpoloclub@gmail.com	**Unified Special Olympics Bball** Heidi Leyton hjleyton@seattleschools.og	**Unified Special Olympics Soccer** Heidi Leyton hjleyton@seattleschools.org

Parents Register your student at: Final Forms: https://seattleschools-wa.finalforms.com

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 / Athl Sec. mqmatthews@seattleschools.org – general info
Sara Holey: Athletic Trainer sara.holey@seattlechildrens.org – available hours usually after school.