



ATHLETIC & PERSONAL DEVELOPMENT DIRECTORY

Fall 2023

APD BASEBALL STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE / DATA
Post Grad	Brian Walker	Liz Doeller	Jackie Barcal	Andie McGregor	Diamyn Hall	Meagan Vota / Ryan Ward
Junior Varsity	Jack Hertz	Liz Doeller	Jackie Barcal	Kirstie Alvarez	Diamyn Hall	Meagan Vota / Ryan Ward
Freshman	Meagan Vota	Liz Doeller	Jackie Barcal	Kirstie Alvarez	Diamyn Hall	Meagan Vota / Ryan Ward
Middle School	Meagan Vota	Liz Doeller	Jackie Barcal	Andie McGregor	Diamyn Hall	Meagan Vota / Ryan Ward
Blue	Brian Walker	Kelly Townsley	Jackie Barcal	Kirstie Alvarez	Diamyn Hall	Meagan Vota / Ryan Ward
White	Brian Walker	Kelly Townsley	Jackie Barcal	Andie McGregor	Diamyn Hall	Meagan Vota / Ryan Ward
Black	Brian Walker	Jake Arnold	Jackie Barcal	Kirstie Alvarez	Diamyn Hall	Meagan Vota / Ryan Ward
Grey	Brian Walker	Jake Arnold	Jackie Barcal	Andie McGregor	Diamyn Hall	Meagan Vota / Ryan Ward

APD BOYS' BASKETBALL STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
Post Grad	Chris Fluter	Jaret Clarke	Dop Balogun	Jamie Neilson	Diamyn Hall	Anthony Zimmer
National	Adam Kearns	Eugene Sinclair	Dop Balogun	Cat Lutz	Diamyn Hall	Anthony Zimmer
Varsity	Chris Fluter	Eugene Sinclair	Dop Balogun	Cat Lutz / Jamie Neilson	Diamyn Hall	Anthony Zimmer
Junior National	Ian Ryan	Jaden Harris	Dop Balogun	Cat Lutz	Diamyn Hall	Anthony Zimmer
Junior Varsity	Ian Ryan	Jaden Harris	Dop Balogun	Cat Lutz	Brittany Williams	Anthony Zimmer
Middle School	Chris Fluter	Krista McAuley	Dop Balogun	Juah Toe	Brittany Williams	Anthony Zimmer

APD GIRLS' BASKETBALL STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
Girls National	Kathryn Whartenby	Krista McAuley	Dop Balogun	Jamie Neilson	Brittany Williams	Anthony Zimmer
Girls Varsity	Willie Watkins	Krista McAuley	Dop Balogun	Jamie Neilson	Brittany Williams	Anthony Zimmer

APD FOOTBALL STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
National	Sebastian Gomez	Rubie Gaudette	Jackie Barcal	Elliot Cox	Diamyn Hall	Jerry Lin
Post Grad	Robbie Grow	Patricia Smith	Jackie Barcal	Elliot Cox	Diamyn Hall	Jerry Lin
Varsity Blue	Jack Hertz	Evan Bernhardt	Jackie Barcal	Elliot Cox	Diamyn Hall	Jerry Lin
Varsity White	Jack Hertz	Evan Bernhardt	Jackie Barcal	Elliot Cox	Diamyn Hall	Jerry Lin

APD GOLF STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
Post Grad	Andrew Pichardo	Jenna Moreno	Rachel Gibson	Christian Smith	N/A	Andrew Pichardo
9th-12th Grade	Andrew Pichardo	Jenna Moreno	Rachel Gibson	Christian Smith	N/A	Andrew Pichardo
Middle School	Lesley Sommerfield	Jenna Moreno	Rachel Gibson	Christian Smith	N/A	Andrew Pichardo

APD BOYS' LACROSSE STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
North	Matt Wheaton	Sarah Miller	Marissa Casella	Elliot Cox	Diamyn Hall	Katey Schwendinger
South	Matt Wheaton	Sarah Miller	Marissa Casella	Elliot Cox	Diamyn Hall	Katey Schwendinger

APD GIRLS' LACROSSE STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
Varsity	Matt Wheaton	Kyle Zingales	Marissa Casella	Maddie Petry	Brittany Williams	Katey Schwendinger
National	Matt Wheaton	Kyle Zingales	Marissa Casella	Maddie Petry	Brittany Williams	Katey Schwendinger

APD BOYS' SOCCER STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
U19 Elite	Kevin Heiberger	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry
U19 Premier White	Kinsey Propst	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry
U19 Premier Blue	Jarrad Gabbidon	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry
U19 Premier UPSL	McKenzie Clark	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry
U17 Elite	Kevin Heiberger	Armer Alcorn / Krysthian Ramos	Jackie Barcal	Linsey Hamilton	Diamyn Hall	Jason Berry
U17 Premier	McKenzie Clark	Armer Alcorn / Krysthian Ramos	Jackie Barcal	Linsey Hamilton	Diamyn Hall	Jason Berry
U16 Elite	Kevin Heiberger	Armer Alcorn / Krysthian Ramos	Jackie Barcal	Linsey Hamilton	Diamyn Hall	Jason Berry
U16 Premier	Kinsey Propst	Armer Alcorn / Krysthian Ramos	Jackie Barcal	Linsey Hamilton	Diamyn Hall	Jason Berry
U15 Elite	Kevin Heiberger	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry
U15 Premier	Jarrad Gabbidon	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry
U14 Elite	Kevin Heiberger	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry
U14 Premier	Jarrad Gabbidon	Armer Alcorn / Krysthian Ramos	Jackie Barcal	DJ Andreoli	Diamyn Hall	Jason Berry

APD GIRLS' SOCCER STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
U19 Elite	Kinsey Propst	Alyssa Grell	Dop Balogun	Maddie Petry	Brittany Williams	Anthony Zimmer
U19 Premier	Kevin Heiberger	Alyssa Grell	Dop Balogun	Juah Toe	Brittany Williams	Anthony Zimmer
U17 Elite	Kinsey Propst	Alyssa Grell	Dop Balogun	Maddie Petry	Brittany Williams	Anthony Zimmer
U17 Premier	Kevin Heiberger	Kaitlyn Stokes	Dop Balogun	Juah Toe	Brittany Williams	Anthony Zimmer
U16 Elite	McKenzie Clark	Kaitlyn Stokes	Dop Balogun	Juah Toe	Brittany Williams	Anthony Zimmer
U15 Elite	McKenzie Clark	Kaitlyn Stokes	Dop Balogun	Maddie Petry	Brittany Williams	Anthony Zimmer
U14 Elite	Jarrad Gabbidon	Samira Razavi	Dop Balogun	Maddie Petry	Brittany Williams	Anthony Zimmer

APD BOYS' TENNIS STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
Boys E1	Jason Hettler	Alex Winter	Jackie Barcal	Becca Thomas	Duncan Simpson	Jerry Lin
Boys C1	Jason Hettler	Alex Winter	Jackie Barcal	Becca Thomas	Duncan Simpson	Jerry Lin
Boys C2	Ian Ryan	Alex Winter	Jackie Barcal	Becca Thomas	Duncan Simpson	Jerry Lin
Boys C3	Ian Ryan	Alex Winter	Jackie Barcal	Becca Thomas	Duncan Simpson	Jerry Lin
Boys D1	Giovanna Ramos	Alex Winter	Jackie Barcal	Britt Lee	Duncan Simpson	Jerry Lin
Boys D2	Giovanna Ramos	Alex Winter	Jackie Barcal	Britt Lee	Duncan Simpson	Jerry Lin
Boys D3	Giovanna Ramos	Alex Winter	Jackie Barcal	Britt Lee	Duncan Simpson	Jerry Lin
Boys D4	Giovanna Ramos	Alex Winter	Jackie Barcal	Britt Lee	Duncan Simpson	Jerry Lin
Boys F1	Willie Watkins	Alex Winter	Jackie Barcal	Becca Thomas	Duncan Simpson	Jerry Lin
Boys F2	Willie Watkins	Alex Winter	Jackie Barcal	Britt Lee	Duncan Simpson	Jerry Lin

APD GIRLS' TENNIS STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
Girls E1	Kat Whartenby	Nadia Perez	Marissa Casella	Becca Thomas	Brittany Williams	Jerry Lin
Girls C1	Kat Whartenby	Nadia Perez	Marissa Casella	Becca Thomas	Brittany Williams	Jerry Lin
Girls C2	Giovanna Ramos	Nadia Perez	Marissa Casella	Becca Thomas	Brittany Williams	Jerry Lin
Girls D1	Giovanna Ramos	Nadia Perez	Marissa Casella	Becca Thomas	Brittany Williams	Jerry Lin
Girls D2	Giovanna Ramos	Nadia Perez	Marissa Casella	Britt Lee	Brittany Williams	Jerry Lin
Girls D3	Giovanna Ramos	Nadia Perez	Marissa Casella	Britt Lee	Brittany Williams	Jerry Lin
Girls F1	Lesley Sommerfield	Nadia Perez	Marissa Casella	Britt Lee	Brittany Williams	Jerry Lin
Girls F2	Lesley Sommerfield	Nadia Perez	Marissa Casella	Britt Lee	Brittany Williams	Jerry Lin

APD TRACK & FIELD / CROSS COUNTRY STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
Multis	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer
Sprints	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer
Hurdles	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer
Pole Vault	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer
Throws	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer
Jumps	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer
Cross Country / Distance	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer
Multis	John Ellis	Kiara Russell	Rachel Gibson	Maddie Petry	Diamyn Hall	Anthony Zimmer

APD VOLLEYBALL STAFF

TEAM NAME	STRENGTH & CONDITIONING	SPORTS MEDICINE	PERFORMANCE NUTRITION	MENTAL PERFORMANCE	LEADERSHIP	SPORT SCIENCE/ DATA
U18	Lesley Sommerfield	Kayla Kieffer	Marissa Casella	Jamie Neilson	Brittany Williams	Katey Schwendinger
U16	Lesley Sommerfield	Kayla Kieffer	Marissa Casella	Jamie Neilson	Brittany Williams	Katey Schwendinger