

HOOVER ATHLETICS

2024-25

Principal-Tracey Makings
tmakings@sandi.net

Athletic Director
Vanessa Stahley
vstahley@sandi.net

ASB Advisor
Briana Desingano
bdesingano@sandi.net

Cheer Coach
Mollie Pramenko
pramenkom03@gmail.com

Follow us on Instagram
Hoover_Athletics

Athletics Website
hncardinals.com

Fall Sports (Aug-Nov)

Cross Country
Coach: Isaiah Hilton
ihilton@sandi.net
Coach: Demi Gonzalez
dgonzalez@sandi.net

Football
Coach: Will Gray
coachwillgray@yahoo.com

Girls Tennis
Coach: Ping Wu
ping4646@gmail.com

Girls Volleyball
Coach: Julia Holden
juliacholden@gmail.com

Girls Flag Football
Coach: Sean Phongsavad
sphongsavad@sandi.net

Winter Sports (Nov-Feb)

Boys Basketball
Coach: Walt Felusme
wfelusme@yahoo.com

Girls Basketball
Coach: Carey Miller
cmiller213@hotmail.com

Boys & Girls Soccer
Coach: Jose De Los Santos
soccerprof_08@yahoo.com

Wrestling
Coach: Charles Allen
clomacka@gmail.com

Spring Sports (Feb-May)

Boys Tennis
Coach: Ping Wu
ping4646@gmail.com

Badminton
Coach: John Ta
itadzung@sandi.net

Spring Sports (Feb-May)

Baseball
Coach: Daniel White
dwhite@sandi.net

Softball
Coach: David Malo
dmalo@sandi.net

Swimming & Diving
Coach: Patty Arizmindi
xicadexol@gmail.com
Coach: Diana Santos
sdiana3293@gmail.com

Track & Field
Coach: Isaiah Hilton
ihilton@sandi.net
Coach: Demi Gonzalez
dgonzalez@sandi.net

Boys Volleyball
Coach: Devin Banks
devinbanks2265@gmail.com

Girls Beach Volleyball
Coach: Julia Holden
juliacholden@gmail.com

Girls Lacrosse
Coach: Lindsay Bower
lbower@sandi.net

