



Coaching Staff

Sport	Title	Name	Email
Baseball	Varsity Head Coach	Kevin Hare	kevin.hare@nn.k12.va.us
	JV Head Coach	Brian Gould	brian.gould@nn.k12.va.us
	Assistant Coach	Chris Trotter	chris.trotter@nn.k12.va.us
Basketball, Boys	Varsity Head Coach	Stefan Welsh	bwslwawg@gmail.com
	JV Head Coach	Tim Smith	timsmith0207@gmail.com
Basketball, Girls	Varsity Head Coach	Mike Tallon	mtallon20@yahoo.com
	JV Head Coach	Dee Brown	dmbrown0512@yahoo.com
Cheerleading	Varsity Head Coach	Natalie King	natalie.king@nn.k12.va.us
	JV Head Coach	Ravan Webb	ravenw812@gmail.com
	Assistant Coach	Stephanie Calloway	smmonkins@yahoo.com
	Assistant Coach	Shana Knight	Shaning09@hotmail.com
Cross Country, Boys	Varsity Head Coach	James Shaffer	james.shaffer@nn.k12.va.us
Cross Country, Girls	Varsity Head Coach	Keith Holland	keith.holland70@gmail.com
Field Hockey	Varsity Head Coach	Susan Ragan-Pimblett	susan.raganpimblett@nn.k12.va.us
	JV Head Coach	Shannan Bolinger	shannan.bolinger@nn.k12.va.us
	JV Assistant Coach	Leslie Coates	leslie.coates07@gmail.com
Football	Varsity Head Coach	Daniel Dodson	daniel.dodson@nn.k12.va.us
	Varsity Asst. Coach	Kyle Blackwell	
	Varsity Asst. Coach	James Clifford	cliffster63@yahoo.com
	Varsity Asst. Coach	Darryl Freeman	cdarrylf@aol.com
	Varsity Asst. Coach	Roderick Hunter	hroderick20@yahoo.com
	Varsity Asst. Coach	Jerome Rhodes	jerome.rhodes@nn.k12.va.us
	Varsity Asst. Coach	Nikolas VanOekel	nikolas.vanoekel@nn.k12.va.us
	JV Head Coach	James Stewart	james.stewart@nn.k12.va.us
	JV Asst. Coach	David Gary	david.gary@nn.k12.va.us
	JV Asst. Coach	Michael Lewis	sgtlewis62@gmail.com michael.d.lewis3@us.army.mil
	JV Asst. Coach	Reggie Johnson	rjohns881@gmail.com
	JV Asst. Coach	Chris Blackwell	chrisblackwell757@gmail.com
	JV Asst. Coach	Keith Lovick	kalovick1@verizon.net
	JV Asst. Coach	NiShan Chandler	jazzjabba@gmail.com
JV Asst. Coach	Tim Flood	Timothyflood451@gmail.com	
Golf	Head Coach	Chris Trotter	chris.trotter@nn.k12.va.us
Soccer, Boys	Varsity Head Coach	James Shaffer	james.shaffer@nn.k12.va.us
	JV Head Coach	Jason Ceraul	jcwoodside.fh@gmail.com

Sport	Title	Name	Email
Soccer, Girls	Varsity Head Coach	Ed Timas	eduardo_timas@wgresorts.com
	JV Head Coach	Michael Platt	michael.platt@nn.k12.va.us
Softball	Varsity Head Coach	Chuck Williams	wcdw23@verizon.net
	Assistant Coach	Mike Tallon	mtallon20@yahoo.com
Swim & Dive, Boys	Varsity Head Coach	Brian Duong	Brian.duong38@yahoo.com
Swim & Dive, Girls	Varsity Head Coach	Carol Prentiss	carol.prentiss@nn.k12.va.us
Tennis, Boys	Varsity Head Coach	Doug Prior	dougprior@verizon.net
Tennis, Girls	Varsity Head Coach	Butch Dicks	jazibuildersinc@verizon.net
Track & Field	Head Coach Indoor/Outdoor	David Gary	David.gary@nn.k12.va.us
Volleyball, Boys	Varsity Head Coach	Dorien Hart	dorien.hart@nn.k12.va.us
Volleyball, Girls	Varsity Head Coach	Greg Maynard	
	JV Head Coach	Dee Maynard	woodvball16@gmail.com
Wrestling	Varsity Head Coach	Cameron Mix	cameron.mix@nn.k12.va.us

Athletic Trainer: Jonathan Hornsby, 757-945-1925, jonathan.hornsby@nn.k12.va.us