

Football

Team	Coach	Email
Head Varsity Coach	Dan Meyers	Meyers.dan@cf.k12.mn.us
Varsity Offensive Coordinator	Tyler Quinlan	Quinlan.tyler@cf.k12.mn.us
Varsity Assistant	Josh Sauter	
Varsity/Junior Varsity Assistant	Kevin Barrett	
Junior Varsity Head	Brad Singewald	
Junior Varsity Assistant	Kerry Banks	
8 th Grade Head Coach	Dan Meyers	Meyers.dan@cf.k12.mn.us
8 th Grade Assistant	Jon Soule	
7 th Grade Head Coach	Sean Wingfield	Wingfield.sean@cf.k12.mn.us
7 th Grade Assistant	Quinton Lindow	
Volunteer JH Coach	Paul Senechalle	Senechalle.paul@cf.k12.mn.us

Volleyball

Team	Coach	Email
Head Varsity Coach	Melissa Huseeth	Huseeth.melissa@cf.k12.mn.us
Assistant Coach	TBD	
Junior Varsity Coach	Jennifer Berquam	
C-Squad	Sami Cromer	Cromer.sami@cf.k12.mn.us
8 th Grade Coach	Sara Kelly	Kelly.sara@cf.k12.mn.us
7 th Grade Coach	Ellery Bonde	Bonde.ellery@cf.k12.mn.us
Volunteer Coach	Jaime Winchell	

Wrestling

Dudley Flodeen	Flodeen@live.com
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Boys Basketball

Team	Coach	Email
Varsity	Josh Davisson	Davisson.josh@cf.k12.mn.us
Junior Varsity	Nick Tennessen	
C-Squad	Tim Banks	
8 th Grade	Ross Peterson	Peterson.ross@cf.k12.mn.us
7 th Grade	Clinton Sjoquist & Luke Sjoquist	Sjoquist.clinton@cf.k12.mn.us

Cheerleading

Melinda Sabelko	
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Boys Soccer

Team	Coach	Email
Varsity	Scott Wildenberg	swwilden@gmail.com
Junior Varsity	Nate Harmsen	

Girls Soccer

Team	Coach	Email
Varsity	Erika Szramek	Szramek.erika@cf.k12.mn.us
Junior Varsity	Laura Rezac	Rezac.laura@cf.k12.mn.us

Girls Basketball

Team	Coach	Email
Varsity	Joel Rustad	Rustad.joel@cf.k12.mn.us
Junior Varsity	Sean Wingfield	Wingfield.sean@cf.k12.mn.us
C-Squad	Erika Szramek	Szramek.erika@cf.k12.mn.us
8 th Grade	Adam Templin	

One Act & Spring Play

Annie Pederson	Pederson.annie@cf.k12.mn.us
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Speech

Cal VandeHoef	Vandehoef.cal@cf.k12.mn.us
Holly Winget	Winget.holly@cf.k12.mn.us
John Fogerty	Fogerty.john@cf.k12.mn.us

Track & Cross Country

Brett Zimmerman	Zimmerman.brett@cf.k12.mn.us
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Baseball

Team	Coach	Email
Varsity	Bucky Lindow	Lindow.bucky@cf.k12.mn.us
Junior Varsity	Tyler Quinlan	Quinlan.tyler@cf.k12.mn.us
C-Squad	Quinton Lindow	
8 th Grade	Sean Wingfield	Wingfield.sean@cf.k12.mn.us
7 th Grade	Dylan Salley	Salley.dylan@cf.k12.mn.us

Softball

Team	Coach	Email
Varsity	Tom Langfeldt	Langfeldt.tom@cf.k12.mn.us
Junior Varsity	Elmer Pagel	
8 th Grade	Sami Cromer	Cromer.sami@cf.k12.mn.us
7 th Grade	Jordyn Keprios	Keprios.jordyn@cf.k12.mn.us

Girls Tennis

Team	Coach	Email
Varsity	Paul Norstad	Psnor2004@yahoo.com
Assistant/Junior Varsity	Karen Adel	Adel.karen@cf.k12.mn.us
Junior High	Mackenzie Vickerman	
Volunteer	Delanie Otto	
Volunteer	Paige Miest	
Volunteer	Alex Harrison	

Girls Golf

Kristyn Theilbar	
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Boys Golf

Doug Rechtzigel	dougrechtzigel@hotmail.com
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Trap Shooting

Gregg Twedt	gstwedt@postholdings.com
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Musical

Team	Coach	Email
Director	Vienna Qualey	Qualey.vienna@cf.k12.mn.us
Choreographer	TBD	
Vocal	Sue Franke	Franke.sue@cf.k12.mn.us
Accompanist	Kathy Illa	Ill.kathy@cf.k12.mn.us

Debate

TBD	
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