

Sport (Season)	Coach	Phone	Email
(Winter)	Co-op w/		
Alpine Skiing	Annandale		

(Spring)			
Baseball	Kyle Lieser	ext. 2425	lieserk@nls.k12.mn.us
Baseball JV	Eric Terres	ext. 2413	terrese@nls.k12.mn.us
Baseball C	Adam Schrader	320.243.3878	adam@amundsonlaw.com
Baseball 7th	Gregg Teisinger	ext. 2335	TeisingerG@nls.k12.mn.us
Baseball 8th	Jeremiah Dahl	ext. 2371	dahlj@nls.k12.mn.us

(Winter)			
Basketball Boys			
Basketball Boys JV	Skip Wright	320.905.1652	skipwright@charter.net
Basketball C	Dave Cors	320.905.0184	
Basketball Boys 7th	Gregg Teisinger	ext. 2335	TeisingerG@nls.k12.mn.us
	Buddy Hixon	ext. 2383	hixonb@nls.k12.mn.us
Basketball Boys 8th	Nick Richards &	ext. 2406	richardsn@nls.k12.mn.us
	Eric Terres	ext. 2413	terrese@nls.k12.mn.us

(Winter)			
Basketball Girls	Mike Dreier	ext. 2684	dreierm@nls.k12.mn.us
Basketball Girls JV	Joey Dreier	ext. 2416	dreierj@nls.k12.mn.us
Basketball Girls C	Margaret Essler	ext. 2689	esslerm@nls.k12.mn.us
Basketball Girls 7/8	Buddy Hixon	***	hixonb@nls.k12.mn.us

(Fall)			
Cheerleading	Malorie Van Steenwyk	ext. 2635	vansteenwykm@nls.k12.mn.us
(Winter)			
Competitive Cheer	Malorie Van Steenwyk	ext. 2635	vansteenwykm@nls.k12.mn.us

(Fall)			
Cross Country	Disa Daucsavage	ext. 2338	daucsavaged@nls.k12.mn.us
Boys & Girls HS			

Cross Country	Matt Bisek	ext. 2681	bisekm@nls.k12.mn.us
Boys & Girls MS			

(Winter)			
Dance Team Varsity	Jaimee Sherod	320.262.1068	scobicj@nls.k12.mn.us
Dance Team JV	Megan Swanson	ext. 2422	swansonm@nls.k12.mn.us

(Fall)			
Football	Dan Essler	ext. 2616	esslerd@nls.k12.mn.us
	Chad Gustafson	ext. 2435	Gustafsonc@nls.k12.mn.us
Football JV	Jeff Boonstra	ext. 2682	boonstraj@nls.k12.mn.us
	Jeff Gabrielson	ext. 2697	gabrielsonj@nls.k12.mn.us
Football C	Paul Beuning	ext. 2470	beuningp@nls.k12.mn.us
	Joey Dreier	ext. 2416	dreierj@nls.k12.mn.us

(Fall)			
Football 7th	Mike Dreier	ext. 2684	dreierm@nls.k12.mn.us
	Troy Johnson	ext. 2347	johnsont@nls.k12.mn.us
Football 8th	Jeremiah Dahl	ext. 2371	dahlj@nls.k12.mn.us
	Mike Lagergren		

(Spring)			
Golf Girls	Nick Richards	ext. 2406	richardsn@nls.k12.mn.us
Golf Boys	Jeff Boonstra	ext. 2682	boonstraj@nls.k12.mn.us
Golf Boys & Girls JV	Aric Harrier	ext. 2706	harriera@nls.k12.mn.us
Golf Boys & Girls MS	Erin Schoumaker	ext. 2437	SchoumakerE@nls.k12.mn.us

(Winter)			
Gymnastics	Cindy Jacobson	320.905.3206	cjacobson@isd465.org
Gymnastics JV			

(Winter)			
Hockey Boys	Zack Johnson		

	Alex Naujokas		
Hockey Girls	Rand Roeske		Roesker@yahoo.com

(Spring)			
LaCrosse Boys	Co-op w/ ROCORI		
LaCrosse Girls	Co-op w/ ROCORI		

(Spring)			
Softball	Melissa Bergeson	320.905.1286	smbergeson@tds.net
	Buddy Hixon		hixonb@nls.k12.mn.us
Softball JV		***	
Softball C	Cindy Jacobson	***	
			dreierm@nls.k12.mn.us
Softball 7th	Mike Dreier	***	
			dreierj@nls.k12.mn.us
Softball 8th	Joseph Dreier	ext. 2416	
Special Olympics	Paula Turnquist	ext. 2427	turnquistp@nls.k12.mn.us

(Fall)			
Tennis Girls	Beth Pederson	320.220.2445	bethhelgeson@hotmail.com
Tennis Girls JV	Rick Swenson	320.212.0137	rswenson@chartermn.net
Tennis Girls MS	John Dobbelaere	320.248.3667	jbldobbelaere@gmail.com

(Spring)			
Tennis Boys	Chad Schmiesing	ext. 2625	schmiesingc@nls.k12.mn.us
Tennis Boys MS	Dave Cors	320.905.0184	davecors55@gmail.com

(Spring)			
Track & Field Girls/Boys	Dan Essler	ext. 2616	esslerd@nls.k12.mn.us
	Chad Powers	ext. 2694	powersc@nls.k12.mn.us
Track MS Girls	Margaret Essler	ext. 2415	esslerm@nls.k12.mn.us
	Jacob Bushman	ext. 2434	bushmanj@nls.k12.mn.us

Track MS Boys	Paul Beuning	ext. 2470	beuningp@nls.k12.mn.us
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(Spring)			
Trapshooting	Troy Haverly	320.894.8541	troyhaverly@tds.net
	Dean Anfinson	***	kandipark5@tds.net

(Fall)			
Volleyball	Erin Schoumaker	ext. 2437	schoumakere@nls.k12.mn.us
Volleyball JV	Tina Peterson	ext. 2471	petersont@nls.k12.mn.us
Volleyball C	Stacy Brisendine	ext. 2457	brisendines@nls.k12.mn.us
Volleyball 7th	Shannon Grothem	320.214.1355	***
Volleyball 8th	Gina Macik	952.913.7428	grmacik@yahoo.com

(Winter)			
Wrestling	Matt Bisek	ext. 2681	bisekm@nls.k12.mn.us
Wrestling JV	Troy Vagle	ext. 2629	vaglet@nls.k12.mn.us
Wrestling MS	Troy Johnson	ext. 2347	johnsont@nls.k12.mn.us

