



2022 FALL SPORTS

COACHES CONTACT AND FIRST ACTIVITY SCHEDULE

Listed below is contact information for fall coaches and the schedule for each fall sport, along with equipment needs. Please direct questions to the coach.

CROSS COUNTRY

Tyler Parsons, Head Coach

Tyler.parsons92@gmail.com

Monday, August 15

Practice 5-7 p.m.

Bangor City Forest (Bog Walk Entrance)

Equipment Needs: *Running attire to include proper running shoes, water*

FALL CHEER

Eva Deans

eva.deans2012@gmail.com

Monday, August 15

Tryouts 3:30-6 p.m.

John Bapst Gym, Bangor

Equipment Needs: *Workout attire including proper footwear, water*

FIELD HOCKEY

Brianne Robertson, Head Coach

brianne.Robertson22@gmail.com

Monday, August 15

Practice 6-7 a.m., 2:30-4:30 p.m.

Union St. Complex, Bangor

Equipment Needs: *Goggles, stick, mouth guard, shin guards, socks, cleats, sneakers, athletic clothes, water*

FOOTBALL

Dan O'Connell, Head Coach

doconnell@johnbapst.org

Monday, August 15

Practice, 7-10 a.m. (John Bapst), 5-7 p.m.
(Dorothea Dix)

Equipment Needs: *T-shirt, Shorts, Cleats, Sneakers, Water (Mouth guards will be provided)*

GOLF

Tom Winston, Head Coach

Minutemanad@aol.com

Monday, August 15

Practice 2:30-5:30 p.m.

Pine Hill Country Club, Orrington

Equipment Needs: *Golf Clubs, practice balls, tees, water*

BOYS SOCCER

Jason Pangburn, Head Coach

jason.pangburn7@gmail.com

Monday, August 15

Practice 6-8 p.m.

Dorothea Dix Field, Mt. Hope Avenue, Bangor

Equipment Needs: *Athletic shorts and shirt, shin guards, soccer socks, cleats, mouth guard, water*

GIRLS SOCCER

Steve Lammert, Head Coach

salammert@icloud.com

Monday, August 15

Practice 8-9:30 a.m.

Darling Center, John Bapst Memorial High School, Bangor

Equipment Needs: *Athletic clothing, clean, "non-street" sneakers, water*