



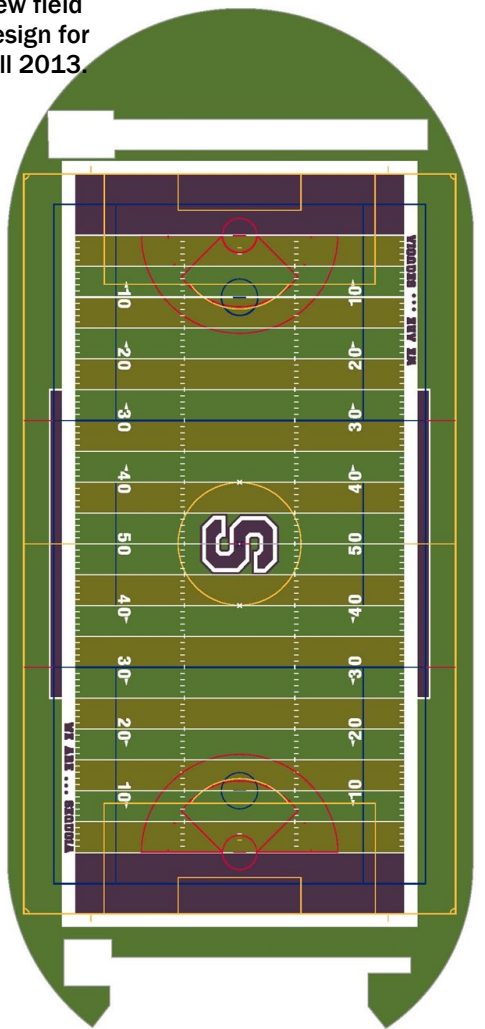
School founded : 1895  
 Location: Redwood City, CA  
 School Colors: Purple and White  
 School Mascot: Raven  
 Team Name: Cherokees  
 Fight Song: Go Get 'Em Cherokees  
 School Slogan: Unaliyi (place of friends)  
 Central Coast Section (CCS)  
 League - Peninsula Athletic League  
 Student population: 1,990  
 Academics: International Baccalaureate

### Sequoia Booster Club

The MISSION of the SHS Booster Club is to promote school spirit and support the Sequoia athletic teams. We arrange Sports Awards Nights, coordinate concessions at football games, assist teams with funding for uniforms, equipment, maintain the MVP and Championship Banners in the gym, and, most importantly, attempt to provide safe transportation for our athletes to as many events as possible.



New field design for fall 2013.



### SEQUOIA HIGH SCHOOL ATHLETIC DEPARTMENT

Sequoia High School-ATTN: Athletic Director  
 1201 Brewster Ave  
 Redwood City, CA  
 90462

Athletic Director: Rob Poulos  
 Phone: 650-367-9780x6230  
 Fax: 650-367-5180  
 E-mail: rpoulos@seq.org

## SEQUOIA HIGH SCHOOL ATHLETIC DEPARTMENT

WE ARE...SEQUOIA!

### Incoming Freshmen Sports Information



<http://sequoiahs.org/>



## Sequoia Sports by Season (all head coaches can be reached via the Sequoia Athletics website)

**Fall Sports:** Cheer (year-long); Cross Country (co-ed); Varsity, FS & Frosh Football; Girls Golf; Girls Varsity Tennis; Varsity & FS Girls Volleyball; Varsity & JV Water Polo (co-ed).

Cross Country: Bruce Wernick

<http://sequoiahs.org/?id=1087>

Football: Rob Poulos

[www.sequoiafootball.com](http://www.sequoiafootball.com)

Girls Golf: Gary Sowers

<http://sequoiahs.org/?id=1100>

Girls Tennis: Phil & Pam McKenney

<http://sequoiahs.org/?id=1089>

Volleyball: Dustyn Woropay

<http://sequoiahs.org/?id=1088>

Water Polo: Francisco Andaluz & Rob Griffin

<http://seqwaterpolo.shutterstock.com/>

Cheer: Stacy Morell

<https://www.sites.google.com/site/sequoiacheerteam/>

**Winter Sports:** Varsity, FS & Frosh Boys & Girls Basketball, Varsity & FS Girls & Boys Soccer, Wrestling (co-ed)

Boys Basketball: Fine Lauese

<http://sequoiahs.org/?id=1094>

Girls Basketball: Ofa Taimani

<http://sequoiahs.org/?id=1093>

Girls Soccer: Melissa Schmidt

<http://sequoiahs.org/?id=1091>

Boys Soccer: Julio Calles

<http://sequoiahs.org/?id=1092>

Wrestling: John Peavler

<http://sequoiahs.org/?id=1095>

**Spring Sports:** Varsity Badminton; Varsity & FS Baseball; Boys Golf; Boys & Girls Lacrosse; Varsity & JV Softball; Boys & Girls Varsity & FS Swimming; Boys Tennis, Varsity & FS Track (co-ed)

Badminton: Steve Wong

<http://sequoiabadminton.comli.com/>

Baseball: Corey Uhalde

[www.sequoiabaseball.com](http://www.sequoiabaseball.com)

Boys Golf: Gary Sowers

<http://sequoiahs.org/?id=1100>

Boys Lacrosse: Sam Strickland

<http://seqlacrosse.shutterstock.com/>

Girls Lacrosse: Janine Cerdena

<http://sequoiagirlslacrosse.shutterstock.com/>

Softball: Scott Reynick

<http://sequoiahs.org/+pages/?id=1097>

Swimming: Dave Knochenhauer & Francisco Andaluz

<http://seqswim.shutterstock.com/>

Boys Tennis: Phil McKenney

<http://sequoiahs.org/?id=1099>

Track: Sunny Diaz

<http://sequoiahs.org/?id=1098>