

Lutheran High Coaches & Directors 2019-20

Cross Country - Head Coach – Elizabeth Freund - freund@lhssc.org and (636) 236-2701

Sapphires - Alexandra Milakis - amilakisLHS@gmail.com and (636) 699-9765

Football - Head Coach - Arlen Harris - lutherancougarfb@gmail.com and (636) 614-9422

Girl's Golf - Mike Holtmeier - mholtmeier@lhssc.org and (636) 541-9567

Girl's Softball - Jon Bernhardt - jbernhardt@lhssc.org and (636) 237-3465

Girl's Volleyball - Rachel Verseemann - Rachel.Versemann@fhdschools.org and (314) 496-4348

Girl's Tennis - Jonathan Douglas - jonathan.douglas.026@gmail.com and (314) 596-7000

Boy's Soccer – Mike Wilhite – mwilhite7@gmail.com and (636) 219-2588

Boy's Swimming - Sue Hancock - sue.22@att.net and (314) 324-2485

Boy's Basketball – Doug Coleman - LutheranCougarBBB@gmail.com and (314) 599-6021

Girl's Basketball - Erin Luttschwager - pauk33@hotmail.com and (314) 322-4009

Boy's Wrestling - Jake Goslin - goslin@lhssc.org and (636) 219-2843

Girl's Wrestling - Jake Goslin - goslin@lhssc.org and (636) 219-2843

Girl's Swimming - Sue Hancock - sue.22@att.net and (314) 324-2485

Baseball – Andrew Lueck - andywl17@yahoo.com and (636) 399-6002

Girl's Soccer – Mike Wilhite – mwilhite7@gmail.com and (636) 219-2588

Boy's Volleyball - Greg Franklin - gfranklin.alcs@yahoo.com and (314) 660-2030

Boy's Golf – Mike Holtmeier – mholtmeier@lhssc.org and (636) 541-9567

Boy's Tennis – Jonathan Douglas - jonathan.douglas.026@gmail.com and (314) 596-7000

Boys and Girl's Track & Field – Head Coach - Brandon Tripp - lhsscoachtripp@gmail.com and (314) 593-8102

Boys and Girl's Track & Field – Associate Head Coach - Elizabeth Freund - freund@lhssc.org and (636) 236-2701

Pep Band - Ben Parviz - parviz@lhssc.org and (314) 580-1089

Theatre - Laura Enstall - lhstheatre@lhssc.org and (314) 616-5441

Scholar Bowl - Michael Flandermeyer - mflandermeyer@lhssc.org and (636) 485-2589

Robotics - Dave Zilz - Dave.Zilz@stem2u.org and (636) 875-0969