

Lutheran High Coaches & Directors 2022-23

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

Cheer - Cheer - Brooke Schulte - coachschulte.lhs@gmail.com and (636) 544-4626

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

Football - Head Coach - Arlen Harris harris@lhssc.org and (636) 614-9422

Girls Golf - Mike Holtmeier - mholtmeier@lhssc.org and (636) 541-9567

Girls Softball – Brandy Bethany - lutheransoftball@gmail.com and (314) 458-3443

Girls Volleyball - Rachel Versemann - Rachel.Versemann@fhsdschools.org and (314) 496-4348

Girls Tennis – Ellie Smith - smith@lhssc.org and (847) 714-4427

Boys Soccer – Erick Ocampo - eosportcontact@gmail.com and (636) 293-8557

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

Boys Basketball – Corey Dowden - Lutheranhighschoolbasketball@gmail.com and (314) 456-4838

Girls Basketball- Erin Luttschwager - pauk33@hotmail.com and (314) 322-4009

Boys Wrestling – Tracey Lawrence – traceyl510@gmail.com and (314) 568-9092

Girls Wrestling - Tracey Lawrence – traceyl510@gmail.com and (314) 568-9092

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

Baseball – Christopher Smith Jr. - coachblake.55@gmail.com and (314) 985-4276

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

Boys Volleyball - Rachel Versemann - Rachel.Versemann@fhsdschools.org and (314) 496-4348

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

Boys Tennis – Ellie Smith - smith@lhssc.org and (847) 714-4427

Boys and Girls Track & Field – Head Coach – Mark Jenkins - madjenks16@gmail.com and (314) 600-2487

Pep Band – Brian Scheller – scheller@lhssc.org and (402) 643-5147

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

Scholar Bowl – Sarah Winter – winter@lhssc.org – (815) 289-7684

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