

Track and Field

Head Coach: Joseph Loffredo

During high school, Coach Loffredo played basketball, baseball, cross country and track at SJCHS. He has coached track for 7 years and continues to be an Assistant Coach for boys basketball. Loffredo also coached Middle School baseball, soccer, and basketball.

Accolades: 2008, '09, '10 Girls State Track Champions
2011 Girls State Track Second Place

REGION: 2007, 2008, 2009, 2010, 2011 and 2012

Philosophy: "You reap what you sow."

Assistant Coach: Matt Loffredo



Cross Country

Head Coach: Javier Chavez

Javier Chavez was born to run. Former Mexican National Champion and Weber State University star. Coach Chavez participated in many Olympic events with the Mexican National team to qualify for the 1976 Montreal Summer Olympics — Three time Big Sky Conference Champion.

Accolades: 2010 Utah Coach of the Year
State Champions in 1999, 2000, 2001, 2002, 2003, 2005, 2007, 2008, 2009 and 2010

Region Champion: 2000, 2002, 2004, 2007, 2008, 2009, 2010, 2011, and 2012.

Philosophy: "Run with a smile and be positive against adversity."

Assistant: Jenna Favero (Former WSU runner)

Certification: NFHS Coaching certificate

Cheer and Drill

Head Coach: Natasha Gruet and Michelle Diaz

Natasha participated in cheer for 4 years and drill for 2 at Saint Joseph Catholic. Natasha placed 3rd in State Drill in her Junior year. Michelle participated in the dance company at Ben Lomond High School and drill. At Weber State University, she performs with Weber State Dance Department.

Philosophy: Natasha: "Don't practice till you get it right, practice till you cannot get it wrong."

Michelle: "Sports provide a great extracurricular activity to students. Students are able to learn how to manage time, work with others, personal fitness, and prioritize."

Certifications: Natasha: NFHS Coaching certificate

Golf

Head Coach: Cameron Wood

Coach Wood will enter his first year as a Head Coach of our golf team. He played golf for Weber High School and was a Varsity player for the Warriors. At Saint Joseph Catholic, he has been an Assistant Coach for Joe Cravens for the past 3 years.

Accolades: State Championships as an Assistant Coach in 2012 and 2013 for girls basketball.

Philosophy: "The highest compliment that you can pay me is to say that I work hard every day, that I never dog it."

Certifications: NFHS Coaching certificate

Volleyball

Head Coach: Ray Franklin

Ray began his teaching career in 1992 at St. Joseph Catholic Elementary School where he taught physical education to 5th through 8th grade students. In 1993, he taught physical education at St. Olaf's Elementary to grades K-8 and grades 5-8 at St. Joseph Catholic Elementary. From 1993 to 1995, he was the assistant track and field coach at St. Joseph Catholic High School where he coached the discus, shot put and javelin throwers. At Los Altos High School, he played football and run track and field. At Weber State University, he played football from 1977 to 1981. He also played volleyball for the WSU volleyball club.

Philosophy: "To teach the basic skills necessary for each player to be able to build upon and reach their potential personally as well as athletically. "

Personal awards

200 Career wins for volleyball 2010
Volleyball – Coach of the year -2008
UHSAA- 1A Coach of the Year -2004
UIAAA Athletic Director of the Year -2004

Baseball

Head Coach: Steve Mendez

Coach Mendez played 3 years on the Weber State University Baseball team. His high school career was at Saint Joseph Catholic where he played baseball and golf for 4 years. Coach Mendez has been a coach at SJCHS for 3 years.

Certification: NFHS coaching certification



SJCHS Jayhawks

Athletic Department

► Coach Information And Biographies



Saint Joseph Catholic has individuals with Olympic, college, club and national experience in our ranks. We invite you to know why the Jayhawks have won the following sports awards beside numerous State and Region Championships:

Deseret Morning News Best Sport Program in 2007, 2008, 2009, 2010, 2011, 2012 and 2013.

Salt Lake Tribune Best Girls Athletic Program in 2009 and 2013.



SJCSH Coach Information

Boys Basketball

Head Coach: **Rick Stoeckl**

Coach Stoeckl played Varsity baseball, basketball, track and golf at SJCHS and basketball at Dixie College. He has 24 years of coaching experience and coached at St. Joe's from 1994-2006. He led the Weber High girls basketball team to their first ever State Championship game in 2012.

Accolades: 1994 UHSBCA Coach of the Year
Region 17 Coach of the Year- 2002, '04, '05, '06
Post Season All-Star Coach- 2005, '06, '12
Region Champions in 2002, 2004, 2005, 2006 and 1996.

Philosophy: "Work hard, be great teammates, have fun, and never give up. Respect All, Fear None."

Certifications: NFHS coaching certification

Assistant Coaches: Cameron Wood



Girls Basketball

Head Coach: **Joe Cravens**

Coach Cravens played 4 years at Scottsburg High School in Indiana. At the University of Arlington, Coach Cravens played 4 years in this Div-I school. He has coached for 30 years in college and held the Head Coach position at the University of Idaho, University of Utah and Weber State University.

Accolades: In 2003, Coach Cravens was the Big Sky Conference Coach of the year and The National Mid Major Coach of the year. In 2003, He won the Big Sky Championship and advanced to the first round of the NCAA Tournament. He has won two State Championships at Saint Joseph Catholic High School.

Certifications: Physical Education major. M.Ed.

Assistant: Shane Reinhart

Boys Soccer

Head Coach: **Derek Tate**

Coach Tate participated in Varsity soccer, ski racing, baseball, lacrosse, cross country and tennis at his high school in New Hampshire. At Colby Sawyer College, he participated in Varsity soccer, lacrosse and skiing. He has coached for 20 years at various levels, including the Olympic Development Program.

Accolades: US National Youth Soccer Champions with La Roca U18 Boys Team — 2013
Utah Youth Soccer 2008 Coach of the Month
5 Region 17 Soccer Titles
Soccer State Finalist 3 times

Philosophy: "Teach skills first. If they do not have the technical ability, tactical ability is useless."

Certification: International Premier License from NSCAA, Certified Physical Education Teacher

Assistant Coaches: Rys Richards



Girls Soccer

Head Coach: **Alexis Salvo**

Coach Salvo played soccer for Union FC-Youth soccer in Peru as a teenager. At Weber State University, he participated in club soccer for one year. He has coached for 24 years at various levels, including Advantage Premier, Utah Flyers, AYSO, Ogden High School and for 22 years at Saint Joseph Catholic.

Accolades: 2012 NFHS National Coach of the Year, 3 State Championships, 6 Region Championships, 3 State Runner-ups.

Certifications: NFHS Coaching certification, NCSAA National Diploma, AYSO National certification

Philosophy: "We need to educate the heart of the athlete: Sportsmanship, honesty, hard work, respect and loyalty are my principles and essential in society."

Assistant Coaches: Collette Crogrow (played for WSU)

Boys Tennis

Head Coach: **Bettina Armstrong**

Coach Armstrong has been playing tennis and taking lessons since she was 9. She played high school tennis in Italy for 4 years. Also, Coach Armstrong played tennis through a club in Iran and Italy for 10 years.

Accolades: She was the top seeded tennis player for girls under 14 in Iran in 1978. In her first year as a head coach of Saint Joseph, she took the first single to the State Tournament.

Certifications: NFHS Coaching certificate, Certified Professional Coach for Life Coaching.

Philosophy: "Be the best you can be. My goal is to have everyone on the team achieve their personal best and for their tennis experience to be a lasting, positive personal growth experience they will carry with them through life."



Girls Tennis

Co-Coach: **Shane Reinhart**

Coach Reinhart participated in basketball and cross country while attending Bingham High School. Along with coaching tennis, he has been an assistant coach Girls Basketball at St. Joe's for 4 years and his first year as a tennis head coach.

Accolades: Assistant Coach for SJCHS Girls Basketball, who were Region and State Champions 2012, 2013.

Philosophy: "Sports teach about life and the value of life. I want my athletes to leave St. Joe's feeling confident in the sport they play, and confident in their own identity and follow the gifts that God laid out for them."

Certifications: Coaching minor and P.E major from Weber State University

Co-Coach: **Cindy Fjell**

Coach Pjell played high school tennis at Custer Country District High School in Miles City, MT. She made extended varsity her freshman year (top 12) and played varsity the next 3 years (top 8). No. 1 her junior/senior year. In college Coach Pjell played softball and rugby at University of Montana in Missoula. She has given private lessons for years.

Philosophy: You reap what you sow