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FOR IMMEDIATE RELEASE

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**CENTRAL COAST SECTION COACHES HONORED BY COLLEAGUES:
SELECTED AS 2009-10 CCS WINTER SPORTS HONOR COACHES**

The CIF-Central Coast Section has announced the following recipients of the **2009-10 CCS Winter Sports Honor Coaches Awards**:

Boys Basketball:	Anthony McGilvery , Santa Clara HS
Girls Basketball:	Michael Mulkerrins , St. Ignatius College Prep
Boys Soccer:	Jeffrey Wilson , Sacred Heart Cathedral Prep
Girls Soccer:	Dawn Hill , St. Francis HS
Wrestling:	Bobby Soto , Fremont HS

These fine coaches were selected by their Central Coast Section colleagues to be recognized during the current 2009-10 Winter season.

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Anthony McGilvery has been the Boys Varsity Basketball Coach at Santa Clara HS since 2001. Prior to Santa Clara HS, he has coached Boys Basketball at Lincoln HS, Leigh HS and Monta Vista HS, adding another 12 years to his coaching experience. 'Tony' has also been the Athletic Director at Santa Clara for more than 7 years.

David Grissom, Principal at Santa Clara HS, says of 'Tony': "...The expectations that Tony upholds for all of his students are truly life lessons. Each student-athlete is held to the standards to show up for work each day, play hard and give all that you can, and treat yourself, your opponents and the adult in your life (coaches, officials, teachers and parents) with dignity and respect."

Melodee Kiyota, a fellow coach of Tony's, stated that Tony "instills in his players to respect their teachers, their parents and the game itself."

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Michael Nicholas Mulkerrins, Girls Varsity Basketball Coach at St. Ignatius College Prep for 4 years, also coached F/S and JV Basketball from 1999, totaling his basketball coaching at St. Ignatius more than 11 years.

Patrick Ruff, Principal at St. Ignatius College Prep, states: "Mike is the type of person to whom I can confidently and happily entrust our student-athletes. Mike is passionate yet controlled. He works tirelessly to make his teams successful yet keeps sports in perspective. ...His focus is never on himself but always on his players."

St. Ignatius's Athletic Director, Bob Vergara, says of Mike: "...he is an outstanding teacher and role model. He is always prepared, he has a tireless work ethic, and most especially, his teams are always marked by great sportsmanship. He works to insure that players get every opportunity to perform. He never runs up scores. He always talks about opponents and officials with respect, and requires that his players do the same. He does not lose his temper. He has an easy rapport with his players."

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Jeffrey Wilson has been coaching Sacred Heart Cathedral Prep's Boys Varsity Soccer team for more than 14 years. He previously coached one year of Soccer at San Lorenzo Valley HS. While at SHCP, Jeffrey has been the Academic and College Counselor and Social Studies Instructor for a total of 12 years. Besides teaching and coaching at Sacred Heart, he has been involved with the California Youth Soccer Association instructing the youth and also other coaches, participating in clinics nationally and internationally.

Kenneth Hogarty, Principal at SHCP, says of him: "...He is knowledgeable, gentle yet firm, empathetic yet disciplined, and nurturing but demanding. ...They practice and compete as hard as possible and play clean games. Clearly every participant respects the coach. ...our teams would be playing hard to the last second of stoppage time...we would always pull out a win or draw that we had no business accomplishing. I always saw this as a testimony to Jeff's skill as a teacher, counselor and coach and the resiliency he instilled in his troops. "

Athletic Directors Jo Ann Momono and Phil Freed, both agree: "Because Jeff is a classroom teacher and counselor, he understands the importance of putting athletics into proper perspective. While soccer is important to him, he knows that the sport is a tool that he can use to mold and develop his players into fine young men who will have a positive impact upon society once they leave his program. ...Jeff is a modest and soft-spoken man of great integrity. Although he rarely raises his voice, all of our students respect him. They all know that Jeff holds himself and them accountable for doing the 'right thing'."

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Dawn Hill has been the Girls Varsity Soccer Coach at St. Francis HS for 6 years. Dawn also teaches math and coaches Girls and Boys Volleyball at St. Francis. Prior to her coming to St. Francis, Dawn also coached Girls Soccer and Girls Volleyball at Monta Vista HS. Outside of regular high school coaching, Dawn is involved with the Olympic Development Program (coaching under 15 girls), Jr. Retreat leader and a Member of NSCAA.

St. Francis Athletic Director, Michael Pilawski, states: "...I have witnessed a true educator, a talented motivator and a great role model. ...Her practices are highly competitive, they involve a great deal of detail in regards to the finer teaching points of the game and they are run efficiently. ...She sees the game exceptionally well and truly teaches at a high technical level. ...She knows how to push when pushing is appropriate and when to love and listen when loving and listening are appropriate. She truly gets the most out of the students she coaches."

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Bobby Soto has been coaching the Wrestling team at his alma mater, Fremont HS, for more than 11 years. Bobby has also coached wrestling at West Valley College, Foothill High School in Bakersfield and Cal State in Bakersfield. As a past student-athlete and now a teacher-coach, Bobby has nearly 25 years of experience in the wrestling program.

Besides his full-time commitment to wrestling, he continues to work with his father volunteering his time with the Friends/Allies of the Homeless Veterans Rehab Program. He also works with his mother volunteering his time with the MACSA Children's Center.

Jason Townsend, Athletic Director at Fremont HS, states the following: "...It doesn't matter if the student has not wrestled previously, Bobby looks to make a connection with a variety of students in hopes of touching their lives through the sport of wrestling. The 'Wrestler Nation' that has been created by Bobby and his athletes is a true model for what high school athletics can be, when led by someone who is able to use athletics as a tool to impact students beyond the mat."

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The **Central Coast Section Honor Coach Award** is presented to those coaches who their colleagues believe have made outstanding contributions to that sport at their school, within their League, in the community and to the CCS. At the time of nomination, they must be actively coaching and have been coaching their respective sport for a minimum of five years at the varsity level. Attributes considered are maintenance of professional standards of conduct, general service to the respective sport, outstanding coaching accomplishments, additional contributions to school and community and being a role model and inspiration to athletes, coaches, teachers, administrators, parents and public.

Anthony McGilverly, Michael Mulkerrins, Jeffrey Wilson, Dawn Hill, and Bobby Soto were nominated by their respective high schools as embodiments of these qualities. Winter Honor Coach Award recipients will be recognized at the CCS Board of Managers meeting at the Holiday Inn-Silicon Valley in San Jose on January 27, 2010.