



## So You Want to Be A Bulldog?

### Folsom High Program Information

Program Leader	Program Name	Contact Information for Additional Questions	Video Link (Youtube) So You Want to Be A Bulldog
Howard Cadenhead, Principal	<b>Welcome to Folsom High: School Overview</b>	hcadenhead@fcusd.org	<a href="https://youtu.be/C3EURrz2-I">https://youtu.be/C3EURrz2-I</a>
Lisa Finley, Athletic Director	Athletics Signups Form	lfinley@fcusd.org	<a href="https://docs.google.com/forms/d/1XKU267QnBAX7dfexER2x1zdErB-2MWz3PPEjgh4cKdY/edit">https://docs.google.com/forms/d/1XKU267QnBAX7dfexER2x1zdErB-2MWz3PPEjgh4cKdY/edit</a>
Lynn Starr	Athletics-Cheer	lynnstarr15@comcast.net	<a href="https://youtu.be/5C0-7cAD4O">https://youtu.be/5C0-7cAD4O</a>
Paul Doherty	Athletics-Football	pdoherty@fcusd.org	<a href="https://youtu.be/5t7W1UIOHgc">https://youtu.be/5t7W1UIOHgc</a>
Kellie Borges	Athletics-Girls & Boys Tennis	kellielynee@gmail.com	<a href="https://youtu.be/yhKNwpuJlZ8">https://youtu.be/yhKNwpuJlZ8</a>
Rick Carrigan	Athletics-Girls Soccer Video	rbarrigan@yahoo.com	<a href="https://www.youtube.com/watch?v=WvTFW8Mjzcg">https://www.youtube.com/watch?v=WvTFW8Mjzcg</a>
Kristen Stravers	Athletics-Swim & Dive Team	KStravers@fcusd.org	<a href="https://youtu.be/6LZGssR7BV4">https://youtu.be/6LZGssR7BV4</a>
Lisa Finley	Athletics-Video Introduction	lfinley@fcusd.org	<a href="https://youtu.be/HF7UkmUw-4">https://youtu.be/HF7UkmUw-4</a>
Kristen Stravers	Athletics- FHS Swim & Dive Team	KStravers@fcusd.org	<a href="https://youtu.be/6LZGssR7BV4">https://youtu.be/6LZGssR7BV4</a>
Pam Goldman	Computer Science: AP Computer Science A (11th & 12th Grade)	pgoldman@fcusd.org	<a href="https://youtu.be/pO1bsccSJ8w">https://youtu.be/pO1bsccSJ8w</a>
Nicole Deatherage	Counseling	ndeatherage@fcusd.org	<a href="https://youtu.be/UPjTz63kAzM">https://youtu.be/UPjTz63kAzM</a>
Tyler Johnstone	CTE: Pathway Overview	tjohnsto@fcusd.org	<a href="https://youtu.be/f4L21cGiOkE">https://youtu.be/f4L21cGiOkE</a>
Tyler Johnstone	CTE: Architecture Pathway	tjohnsto@fcusd.org	<a href="https://youtu.be/yIpEyn5cj6s">https://youtu.be/yIpEyn5cj6s</a>
Summer Halverson	CTE: Digital Art (level I, II and AP)	shalverson@fcusd.org	<a href="https://youtu.be/EFY9GTzzbeU">https://youtu.be/EFY9GTzzbeU</a>
Andrew Bias	CTE: Manufacturing & Product Design	Abias@fcusd.org	<a href="https://www.youtube.com/watch?v=SYWBAB-MPD">SYWBAB- MPD</a>
Tyler Johnstone	CTE: New CTE Building	tjohnsto@fcusd.org	<a href="https://youtu.be/kPA7H8eTqWc">https://youtu.be/kPA7H8eTqWc</a>
Scott Southard	CTE: Video Production & Game Design	ssouthar@fcusd.org	<a href="https://youtu.be/_f8as4sbEs">https://youtu.be/_f8as4sbEs</a>
Melinda Malaspino	Elective: AP Capstone-Seminar and Research (10th - 12th Grades)	mmalaspino@fcusd.org	<a href="https://youtu.be/ollPePxCzb8">https://youtu.be/ollPePxCzb8</a>
Dave Werra	Elective: Film as Visual Literature (11th & 12th Grades)	dwerra@fcusd.org	<a href="https://youtu.be/kwnv9jZzx08">https://youtu.be/kwnv9jZzx08</a>
Susan Posner	Elective: Speech and Debate (I, II and GPS)	sposner@fcusd.org	<a href="http://somup.com/crVuwewo54T">http://somup.com/crVuwewo54T</a>
Clif Castro / Matt Mills	Elective: Student Government	ccastro@fcusd.org / mmills@fcusd.org	<a href="https://www.youtube.com/watch?v=CTdVf0ssuA&amp;feature=youtu.be">https://www.youtube.com/watch?v=CTdVf0ssuA&amp;feature=youtu.be</a>
Tyler Johnstone	Engineering	tjohnsto@fcusd.org	<a href="https://youtu.be/6F5dtEQuw0">https://youtu.be/6F5dtEQuw0</a>
Pam Goldman	Engineering: Honors Principles of Engineering (10th-12th Grade)	pgoldman@fcusd.org	<a href="https://youtu.be/Q2OmHfQpgSg">https://youtu.be/Q2OmHfQpgSg</a>
Kristen Stravers	English: Honors English	KStravers@fcusd.org	<a href="https://youtu.be/Yb0uoTKLhHY">https://youtu.be/Yb0uoTKLhHY</a>
Melinda Malaspino/Meagan Davis	GPS: Global Perspective Studies	mmalaspino@fcusd.org / Medavis@fcusd.org	<a href="https://youtu.be/wylzPpgQrA">https://youtu.be/wylzPpgQrA</a>
Melinda Wilson	Humanities - Academic Decathlon	mwilson@fcusd.org / rpeterso@fcusd.org	<a href="https://youtu.be/EIQ5ilx-kHo">https://youtu.be/EIQ5ilx-kHo</a>
Mark Nelson	Math Course Offerings Overview	marknelson@fcusd.org	<a href="https://screencast-o-matic.com/watch/crnVrJRUIB">https://screencast-o-matic.com/watch/crnVrJRUIB</a>
Julie DeVore	PE/Health: Enriched Health	jdevore@fcusd.org	<a href="https://youtu.be/TU3-VNBZV8o">https://youtu.be/TU3-VNBZV8o</a>
Jennifer Filippi	Science: FHS Science Course Pathway	JFilippi@fcusd.org	<a href="https://youtu.be/PxkhJHmnkzc">https://youtu.be/PxkhJHmnkzc</a>
Jennifer Filippi	Science/Elective: Human Anatomy & Physiology (11th and 12th Grades)	JFilippi@fcusd.org	<a href="https://youtu.be/ZuFXl6udGjo">https://youtu.be/ZuFXl6udGjo</a>
Dave Werra	Social Science: Social Science Course Progression	dwerra@fcusd.org	<a href="https://youtu.be/Uvb72vp_HbA">https://youtu.be/Uvb72vp_HbA</a>
Charles Alba	VAPA: Ceramics	calba@fcusd.org	<a href="https://www.youtube.com/watch?v=KQqa8ZB-im0">https://www.youtube.com/watch?v=KQqa8ZB-im0</a>
Tamara Mosier	VAPA: Drama and Theatre Productions	tmosier@fcusd.org	<a href="https://youtu.be/4dH5PjTWdE">https://youtu.be/4dH5PjTWdE</a>
Jeff Carter-Sarah Lam	VAPA: Drawing and Painting	jcarter@fcusd.org / slam@fcusd.org	<a href="https://youtu.be/agQBUbhr1wA">https://youtu.be/agQBUbhr1wA</a>
Melanie Huber	VAPA: Guitar/Choral Activities	mhuber@fcusd.org	<a href="https://youtu.be/4_YGf1U1wsl">https://youtu.be/4_YGf1U1wsl</a>
Curtis Gaesser	VAPA: Jazz Bands	cgaesser@fcusd.org	<a href="https://youtu.be/wnRQEQAXU_U">https://youtu.be/wnRQEQAXU_U</a>
Curtis Gaesser	VAPA: Jazz Choir	cgaesser@fcusd.org	<a href="https://youtu.be/dHjMWRtaUrY">https://youtu.be/dHjMWRtaUrY</a>
Curtis Gaesser	VAPA: Marching/Concert Band	cgaesser@fcusd.org	<a href="https://youtu.be/W4FlhXE1kWo">https://youtu.be/W4FlhXE1kWo</a>
Curtis Gaesser	VAPA: Orchestra	cgaesser@fcusd.org	<a href="https://youtu.be/8CowEhCmZRQ">https://youtu.be/8CowEhCmZRQ</a>
Melinda Wilson	World Language Program	mwilson@fcusd.org	<a href="https://youtu.be/Yt7GV5Iy2Jk">https://youtu.be/Yt7GV5Iy2Jk</a>
Melinda Wilson	World Language: French Program	smesser@fcusd.org / jgirard@fcusd.org	<a href="https://www.youtube.com/watch?v=dHBdrOR1_N8">https://www.youtube.com/watch?v=dHBdrOR1_N8</a>
Melinda Wilson	World Language: German Program	mwilson@fcusd.org	<a href="https://youtu.be/AzjXaQrcmbc">https://youtu.be/AzjXaQrcmbc</a>
Melinda Wilson	World Language: Spanish Program	smartin@fcusd.org / charris@fcusd.org	<a href="http://youtu.be/AtObEakx8Ow?hd=1">http://youtu.be/AtObEakx8Ow?hd=1</a>