

Pom/Dance Coaches

Shannon Contreras

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Coach Contreras is the dance director and teacher at EFHS. She has been coaching and teaching since the 2007-2008 school year at EFHS. She is an Arizona native and grew up in the west valley attending Westview high school. She was a member of her high school's pom and dance teams. Coach Contreras has taught dance and coached for the past 19 years at various dance studios, elementary, and high schools. After graduating high school, she attended Arizona State University and finished her secondary education degree in Dance Education. Coach Contreras was also a member of the AIA (Arizona Interscholastic Association) Spiritline rules committee for 8 years.

Varsity Cheer: Coach Luna j.luna414@gmail.com

Coach Luna is an Estrella Foothills High School Alumni. She was part of the EFHS Varsity Cheer team her sophomore, junior, and senior year, as well as a cheerleader on an All-star competitive cheer team for five years. A few years after graduating, Coach Luna became the JV Spiritline Coach for EFHS until she moved with her husband who was stationed in North Carolina. She also has three years of All-star coaching experience. Coach Luna was born and raised in Arizona and has resided in North Carolina, Virginia, and Texas with her husband who is a former Army Sergeant. She graduated from University of Phoenix and is a Kindergarten teacher in the Pendergast School District. She has three children, 2 girls and a boy and is excited to be back at EFHS.

JV Spiritline: Coach Vargas

Coach Vargas is a former EFHS pommie, and excited to be a part of the coaching staff at EFHS! She coached and helped to start the YHS Pom program and previously worked for the before-and-after school care program for the Liberty District. Coach Vargas has years of experience working with students and is excited to be back with the EFHS Spiritline on the coaching side of things.