



# Capital High School Baseball 2023

Principal: Derek Gardner  
 Asst. Principal: Jeff Hultberg  
 Asst. Principal: Greg Tovey  
 Asst. Principal: Shannen Hickey  
 Athletic Director: Jason Willer  
 Asst. AD: Justin Stringer  
 Head Trainer: Pam Arriola

Varsity Coach: Trey Cochran  
 Varsity Asst: Ryan Abel  
 Varsity Asst: Conner Cochran

JV Coach: Jesse Flora  
 JV Asst: Ryan McClung



2023 Varsity			
No.	Player	Yr.	Position
1	Adam Spiers	11	OF/P
2	TJ Collins	12	OF/P
3	Boomer Collins	10	INF/P
4	Chase Seymour	12	UTIL
5	Cooper Myers	9	INF/P
6	Caden Werner	10	INF/P
7	Kade Bernstrom	11	C/OF
8	Brayden Dudley	9	INF
10	Cooper Layne	12	INF/P
11	Cohen Souba	11	UTIL
12	Tyler Brewer	12	P/UTIL
13	Jacob Marino	10	P/INF
17	Trey Bohning	12	INF/P
18	Noah Thunborg	10	P/INF

2023 Junior Varsity			
No.	Player	Yr.	Pos.
1	Quinn Bernstrom	9	INF/OF
2	Dylan Hawk	9	C/INF
3	Maddox Weight	10	OF/P
4	Brayden Dudley	9	INF/P
5	Cooper Myers	9	INF/P
6	Lorenzo Feese	9	OF/INF
7	Rylan Sarnecki	9	OF/P/INF
8	Henry Beatty	10	INF
10	Ian Houk	9	OF
11	Winston Napier	11	P/OF
12	Colton Malloy	9	OF
13	Jacob Marino	10	INF/P/C
14	Aiden Widner	9	OF
15	Scott Rayborn	9	OF
16	Sidney Throngard	10	OF