

Mrs. Canez



I am honored to say that I am a Spartan! I am currently the junior high PE teacher as well as the Athletic Director for Sacred Heart Parish School. I joined Sacred Heart Parish School in 1993 first as a parent, then as a volunteer volleyball coach and for the past 16 years as the Junior High PE Teacher and Athletic Director.

My primary responsibilities at Sacred Heart Parish School are keeping our Junior High students active. I am also very proud of our Athletic Program which continues to bring me such gratification each and every season.

In High school, I participated on the volleyball, basketball and track teams. While in college I concentrated solely on the sport of track.

For as long as I can remember, athletics have been an integral part of my life. I am currently certified member of the National Federation Interscholastic Coaches Association (NFICA). This association contributes to the quality of American sport and the well-being of amateur athletes. I am also a member of California Association for Health, Physical Education, Recreation and Dance (CAHPERD).

Each and every day that I step onto the Spartan campus is a blessing. I continue to live by the philosophy: "Lead by Example" which I endeavor to instill in my students.