



FRED JONES
Varsity Assistant Coach

Graduate of James Lick High School, San Jose

College:

- **San Jose City College**
- **San Jose State University**
- **Chico State College - 1969**
 - **BA in Physical Education**

Received his teaching credential in 1970

- **Dunsmuir High School Teacher/Coach; 1970 - 1972**
- **Vacaville High School Teacher; 1973 - 2007**
 - **Taught History, Math, Geography and PE**

Coaching Career:

- **Dunsmuir High School**
- **Vacaville High Head JV Coach; 1973 - 1978**
- **VHS Varsity Asst Coach; 1979 - 1997**
- **VHS Varsity Head Coach; 1998 - 2003**
 - **Coaching Record: 47-17-1; 35-7 in MEL; 3 MEL Championships**
- **VHS Varsity Asst Coach; 2004 - present**
- **VHS Tennis**
- **VHS Wrestling**
- **VHS Softball**
- **Founded the VHS Rugby Club; 1984**
 - **Coaching Record: 7 Sac-Valley Championships; Nor Cal State Champions**

Coach Jones is credited with bringing the Wing T Offense to Vacaville High

Fred has been married to his wife Linda for over 40 years. They have a daughter Stephanie, who is head of the Art Department at Will C Wood HS. Fred also has 2 dogs, Reina and Beau.