

Coaching Resume
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Minnesota

Minneapolis North High School

September 2020 - Current

Football & Lacrosse Head Wrestling Coach

I was a defensive coordinator for football was jv head coach and varsity assistant for lacrosse and I am the Head coach for wrestling in my first year as head coach I was able to have 14 kids on the team the previous year they had 2 wrestlers we had 6 wrestlers in all conference honors Head coach of the year for section and conference for minneapolis I was able to get more wins in my first year than they have gotten all together since 1999

York High School

August 2018 - August 2020

Football & Wrestling coach

I was a varsity defensive coordinator and special teams coordinator for the 2018 and 2019 season I was in charge of creating defensive playbook and play calling and setting up practice plans for defense. I was also in charge of creating special team playbook and play calling for special teams. I was a Varsity assistant wrestling coach where I specialized in wrestling development and speed and conditioning. My main job here was to make sure my athletes were ready to step on the mat and compete.

York College

August 2018 - August 2020

Student athlete, coach, and recruiter

I was a college athlete for York college which is an NAIA program along with wrestling I was a coach where I had the opportunity to shadow the head coach and learn about planing schedule trips managing a team and tracking students to make sure they were successful in the classroom two of my coaching duties were recruiting and a success coach as a recruiter I had the opportunity to travel and reach out to high school wrestlers and get them to come to york college my first year as a recruiter I personally recruited 14 student athletes who all came the next year. As a success coach my job was to come along side those students who were struggling in classes and assist them in tutoring and connecting with teacher to help them be successful and meeting with athletes to make sure they were staying on track to be successful in the classroom

Nebraska Wrestling

January 2019 - July 2020

Cadet Coach

As a coach for Nebraska USA wrestling I had the opportunity to coach the best student athletes that Nebraska had to offer I had the opportunity to coach these athletes while we had the

opportunity to compete at the national level competing against other states and chasing the ultimate championship of becoming a fargo national champion

Benilde St Margaret High School

January 2018 - July 2018

Wrestling Coach

I had the opportunity here to be an assistant coach but it truly felt like a co head coaching position as I had the opportunity to learn about travel, budgeting, scheduling and a lot of the duties that come along with being a head coach. I handled most conditioning as well as warming up at duals and meets as well as setting up practice plans.

Richer Catholic High School

June 2016 - December 2017

Football and strength and conditioning coach

I was hired as the Defensive Coordinator. I spent 2 seasons here. I was responsible for watching and studying film from our games and practices to see where we were successful and areas of improvement. I also watched and analysed the film from the opponents to find tendencies and to see in what ways to prepare for the next game. I put together depth charts alongside my position coaches. Prepared practice plans and also created playbook and play calling signs for defense. I also had the opportunity to be the strength and condition coach where my focus was to help players develop physically and become the best athlete they can be and help them be able to continue playing at the next level

Bloomington Kennedy High School

June 2014- June 2016

Football Coach

This was my first opportunity as a coach I was the freshman Offensive coordinator along with LB and RB for my first season where I got the opportunity to set up practice plans, game scripts, and also able to play call for games I was also in charge of conditioning and on game days I was our HUDL expert and handled game film and making sure everything was set up and working. My second season I was the OL/DL coach for varsity and our Defensive coordinator For JV and on game days I was in the box and assisting the defensive coordinator in play calling and reading offense.

Coaching Accolades

2016 Football Season Division 6 State runner ups

2017 Football Season Division 6 State Champions

2018 Wrestling Season one class AAA State placer

2018 Football Season Class B state champions

2019 Wrestling Class B Fifth place

2019 Wrestling Class B 9 State Qualifiers

2019 Football Season Class B state qualifier

Coach of the year honors

- 2014 Assistant coach of the year football
- 2014 Assistant coach of the year wrestling
- 2016 Assistant coach of the year football
- 2017 Assistant coach of the year football
- 2018 Assistant coach of the year football
- 2018 Assistant coach of the year wrestling
- 2019 Assistant coach of the year football
- 2019 Assistant coach of the year wrestling
- 2020 assistant coach of the year wrestling
- 2021 Head coach of the year wrestling