MEET OUR COACHES

I was born and raised in Spring Lake Park and have been playing or coaching baseball since I was 4 years old. It's something my family and I have been involved in for my entire life.

My main focus is to help all my players become better people both on and off the field. Baseball is a sport that provides many opportunities to help us develop more empathy for others and find ways to help build each other up.

The opportunity to work with players from 7th grade through 12th grade at AFSA is a great opportunity. The ability to help athletes grow both on the field and off the field throughout their 6 year playing career is extremely unique.

I enjoy spending time with my wife and two dogs, watching baseball, and spending time outdoors during the warmer seasons.







I started playing basketball in 5th grade and played until I was 42. I also have coached basketball for 17 seasons. To develop players into confident young men who are good role models by providing a positive meaningful athletic experience. Players will grow physically, mentally, and emotionally by committing to a basketball program that practices selflessness, teamwork, accountability, and sportsmanship in good times and bad times. Meaningful lifelong relationships will be developed between players and coaches that reinforce the team goals and meets the individual needs of everyone. In my spare time I like gardening, fishing, collecting, music, reading, and playing games with my grandkids.



I am originally from St. Paul, Minnesota. I managed my middle school's softball team and grew up watching my dad play fast pitch softball in the summers. I love how softball can bring a group of athletes together who may not normally interact within school and create friendships that may have never been there! When I coach, I look to assist my athletes with learning the basics of softball, improve on certain skills, and to foster a community among the team. I love coaching at AFSA because the coaching staff all work so well together and our athletes always strive to lift each other up and create a positive atmosphere in the dugout. In my free time I love spending time with my family outside, reading, and working on continuing my education to become a special education



I grew up in Hudson, Wisconsin and

started playing basketball in 5th grade. My dad and youth coaches shaped how I view basketball and inspired my coaching style. My goal is to help the team grow as players, love the game, and become respectful young men. I aim for us to win and lose gracefully, learn from mistakes, and, most importantly, have fun—because that's what matters most. I got a black lab puppy early on in the school year, his name is Bleu, and he is such a good boy. Most of my free time now is spent hanging out with him. Otherwise, I enjoy playing golf, hunting, fishing, cooking, and sleeping. I am very grateful for the opportunity that AFSA has given me and try my best to improve the abilities and mindsets of my players both on and off the court.









I am from and grew up in Cannon Falls Mn, I have played and been around baseball all of my life, I haven't played softball but I believe a lot of the same techniques correlate from one another. A lot of my Coaching philosophy comes from the Army I believe. I will make it a goal to teach life skills like accountability, developmental skills, build character and gain confidence, while also having fun. I enjoy coaching at AFSA because I feel the kids are very engaging and are willing to learn. I also enjoy being able to bring fundamentals I have learned playing for a very competitive conference to this school to help them grow. In my free time I like to be outside whether that is fishing, hunting or enjoying the air, I also like to be with my doggo and cook.









I'm from Little Canada MN, I have a huge connection with volleyball as I've been playing since 2nd grade and I've had some of the best coaches along the way who really structured me as the coach I became. I believe that the only way to be a team, is to be a team player. There is never only 1 player on the court, it takes 6 and everyone has to talk and listen to each other in order to succeed as well as having a strong mindset. I love coaching at AFSA as my colleagues are very supportive and I just graduated in 2022 so I have a connection with the people and the school. In my free time I play in my own volleyball league and hang out with my family!