

St. Anthony Village High School Athletics & Activities Staff

Director of Athletics, Activities, Facilities, & Transportation - Dr. Troy Urdahl



Dr. Troy Urdahl has been a career teacher, coach, and athletic director. Troy and his wife Rebecca, a former high school gymnastics coach, have four children: Violet, Lincoln, Calvin, and Mason. Urdahl's father and grandfather are hall of fame prep coaches.

Urdahl has a doctorate in educational leadership and has received various recognitions as an NFHS and NFICEP certified coach, licensed teacher, principal, superintendent, and Certified Master Athletic Administrator. Troy has served in various roles for the Minnesota Interscholastic Athletic Administrators Association, including membership on its mentorship and education committees. In addition, he has served as an instructor for the NIAAA's Leadership Training Courses. Urdahl is a Past-President of the Minnesota State High School Coaches Association, an organization supporting nearly 9,000 Minnesota prep coaches, and is the Past-President of the Minnesota State High School League's (MSHSL) Board of Directors. In addition to serving on the MSHSL Coaches Education faculty and Education Advisory Committee, Troy has written curriculum for state and national coaching education initiatives, has led classes for hundreds of coaches, and teaches undergraduate and graduate coaching courses. Urdahl is president of the Minnesota State High School Baseball Coaches Association.

As the head baseball coach for St. Anthony Village High School, Urdahl's teams have won two state championships. Urdahl has been named state baseball coach of the year twice, selected as a state all-star coach, and was inducted into the Litchfield Baseball Association and Minnesota High School Baseball Coaches Association halls of fame. Urdahl completed his doctoral research studying the participation experiences of high school athletes, has played in a national wiffleball tournament, can drive a Zamboni, met the President of Finland, and holds the Hamline University baseball record for hitting the most batters!

You can contact Troy Urdahl at turdahl@isd282.org or at 612-706-1105.

Athletics & Activities Coordinator - JT Zell



JT Zell was born and raised in Hopkins, MN, graduating in 2021 where he participated in football and track and field. He went on to pole vault at the University of Wisconsin - La Crosse, graduating in 2025, winning five NCAA Division III National Championships. During his time at UWL, he was a campus tour guide and a member of the Student Athlete Advisory Committee. He also worked alongside the UWL Athletic Department to secure sponsorships and was a three-year captain of the track and field team.

JT started his role at St. Anthony Village High School in April of 2025 and assists in all things Athletics and Activities. He is the Student Council Representative and sits at the front desk of the main office in the high school.

You can contact JT at jzell@isd282.org or at 612-706-1103.

Event Coordinator - Mary-Clare Johnsen



Mary-Clare Johnsen is a 2013 graduate of St. Anthony and a 2017 graduate of Hamline University, where she earned her degree in Public Health Science and Psychology while playing four years of softball. After graduation, Johnsen worked as a Sports Information Director graduate assistant at Concordia St. Paul while earning her master's degree in Sport Management.

At St. Anthony, Johnsen assists in all aspects of event management for the Athletics and Activities department. She also helps with registration, scheduling, and concessions.

You can contact Mary-Clare at mjohnsen@isd282.org.