



ST. JOHN BOSCO HIGH SCHOOL
SALESIAN COLLEGE PREPARATORY
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St. John Bosco High School Welcomes Chase Sanders as Sports Performance Coach and Physical Education Teacher

Veteran strength coach joins one of the nation's premier athletic programs following another historic year for Bosco Athletics.

St. John Bosco High School is pleased to announce the hiring of Chase Sanders as a Physical Education Teacher and Sports Performance Coach.

Sanders will lead Sports Performance Strength & Conditioning classes while overseeing the athletic development of student-athletes in football, basketball, baseball, and volleyball. He will also collaborate with Bosco's coaching staff to further strengthen a comprehensive performance program focused on developing speed, strength, power, movement quality, and injury resilience across all athletic programs.

"At Bosco, we're constantly looking for ways to better serve our student-athletes," said Vince Brown, Director of Athletics. "As our programs continue to compete at the highest levels of high school athletics, investing in sports performance is essential. Alongside Strength & Conditioning Department Lead Steven Lo, Coach Sanders brings the expertise and passion we need to help our students maximize their God-given talents and prepare for success at the next level."

Coach Sanders brings more than a decade of collegiate and high school strength and conditioning experience. Most recently, he worked with Damien High School while operating his own performance training company. Previously, he served as Head Strength & Conditioning Coach at Cal Poly Pomona, directing performance training for all 11 varsity athletic programs. His experience also includes coaching positions at Utah State University, Weber State University, and Orange Lutheran High School.

Sanders earned a Master of Science in Sports Conditioning & Performance from Southern Utah University and a bachelor's degree in Exercise Physiology from BYU-Idaho. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association and holds certifications in USA Weightlifting Sport Performance, Functional Range Conditioning Mobility, and CPR/AED.

Sanders joins Bosco following another championship year for the Braves. During the 2025-26 school year, 28 graduating student-athletes went on to compete at the collegiate level, one graduate signed a professional contract, multiple teams competed on the national stage, and Bosco captured CIF Southern Section Division 1 championships in both wrestling and baseball. His addition reflects the school's continued commitment to providing student-athletes with the resources and coaching necessary to compete among the nation's elite.