

1. What age did you start playing hockey?

Started playing hockey at the age of 6 in Anchorage for the Boys and Girls Club.

2. Why did you pick hockey to play?

I picked hockey as a sport because my good friend and his older brothers played. Being the same age we played together on the same team throughout our lives. To this day we still enjoy passing the puck to each other.

3. What position did / do you play? If you play currently, what's your team's name?

I played center from mites through high school hockey. When I started my Beer League career I found more ice time at defense so I've made a home there. Currently playing for the Palmer coaches team Valley Ice Hogs

4. What are you hoping the players will learn / experience by the end of the season?

Hockey is a fast, physical, and emotional game. I want players to learn how to bounce back from mistakes, stay composed under pressure, and keep pushing no matter the score. Success on the ice comes from trust—knowing your teammates have your back and being willing to play your role selflessly. I want the players to learn how to support each other, talk effectively on the ice, and work as a unit. From positioning and puck movement to decision-making and situational awareness, I hope each player walks away with a better understanding of the game and the skills to play it at a higher level.

Win or lose, I want them to play with respect—for the game, their opponents, the officials, and each other. Competing hard and playing the right way matters. Hockey is meant to be fun. I hope they'll look back on this season with pride—remembering the locker room laughs, the big plays, the tough practices, and everything in between.

5. How would you describe your coaching style?

I expect the same work ethic from my players that I held myself to when I played. Hard work is non-negotiable. I'll be the first one on the ice and the last one to leave. If we're doing extra conditioning or drills, I'm right there with them. I believe that showing up

with a strong work ethic not only helps individuals grow, but it inspires the whole team to rise to the occasion. I want players to understand that effort trumps everything—results come with time. The key is to keep grinding, keep learning, and keep getting better. I emphasize the importance of mental toughness and perseverance, especially when things aren't going smoothly. If you keep working, you'll keep improving.

6. What do you believe makes a great hockey player?

To me, the best hockey players combine grit, skill, intelligence, and heart. It's not just about the flashy goals or big hits—it's about doing the little things right, working relentlessly, and being there for the team when it matters most.

7. What do you feel makes a great team?

A great team is a unit—a collection of individuals who come together, trust each other, work hard, and are dedicated to a common goal. It's not just about being the best players; it's about being the best team.

8. Do you have any hockey superstitions?

I don't have any superstitions myself. Hockey is such an intense, high-pressure sport, and I think rituals or routines can be a way for players to feel like they're gaining some control over the chaos. Whether it's taping sticks a certain way, wearing lucky socks, or following a pre-game routine, those little things can help players stay focused and mentally prepared.

9. What do you do when you are not playing hockey or in the "off-season"?

During my off-season I enjoy fishing, hunting, and water sports. These activities are the perfect way to unwind and reset after the grind of hockey season. Each one brings a bit of a different vibe, but all of them are great for balancing that competitive spirit with some much-needed relaxation.

10. Do you mind sharing how many children you have and their ages?

I have a son and daughter, Jaxon (14) and Jordyn (5)

11. Favorite song?

I like basically all music but one that comes to mind is - Fast as You, Dwight Yoakam and Beautiful as You, Forrest Frank

12. Favorite movie?

Top Gun

13. Do you have a favorite quote / saying?

I like telling Dad jokes if that counts.

14. Interesting fact about yourself?

I'm a Car Guy!