

Sean is a NCCP Level 2 certified Throws coach who is entering his 5th year with the Brantford Track and Field Club. Sean come from the high school system where he has coached Brantford's Collegiate Institute since 2002 for Track and Field. Sean had the opportunity to coach Team Ontario during the 2017 indoor season and travelled with Team Canada to Arizona in May of the same year as part of an apprenticeship. In 2016 Sean was chosen as Coach of the Year for the Brantford Sports Council Annual Awards Gala. In 2017 Sean was a runner up for Coach of the Year for both Athletics Ontario and Brantford Sports Council Gala. Sean has had the opportunity to build his portfolio from scratch at the club and has worked hard to help athletes achieve wonderful things. Since 2016 Sean's athletes have achieved 7 National titles and 14 National medals, over 40 Provincial medals, 3 OFSAA Medals, 5 Provincial records and 41 other records. Sean has had 6 Athletes compete for Team Ontario. Over the past two years Sean has had two of his athletes sign to NCAA schools on athletic scholarships and believes that academics is the most important aspect of athletics.

Sean has had other experience with sports and athletes as he is also a NCCP level 1 Trained Tackle Football Coach. Although he is not currently coaching football but has dedicated his coaching career to Throws he has had some fun coaching team sports as well. Sean coached Brantford Collegiate High School from 2000 to 2015 and 6 seasons of Rep Football with the Brantford Bisons. Sean brought home 6 championships in the 21 seasons of football he coached.