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Frisco liberty baseball coach

Mickey SepanekFrisco Liberty High School, Frisco, Texas (football, baseball)Hometown: Ypsilanti, MichiganEducation: Lyon CollegeTwitter @CoachSepEmail: coach.sep13 [at] gmail.com The moment he first realized he might be coaching part of his career. One of my football coaches, Jim Sample, came to me after my last football game, after my senior year, about my plans after college. At the time, I was helping my brother's youth team, but I didn't think coaching was a profession. I just consider becoming an orthopedic surgeon or engineer, but honestly I didn't want to go to school that long and put myself to deep into student loans. I fell in love with the idea of coaching, and I never turned back. I've been training every summer since graduation, even during my playing career. In addition to mentors, talk about one or more methods you've learned from certain aspects of coaching. Conversations! I love the Kevin Wilson philosophy of hitting a conversation. I think that's a lot more than that. My father taught me early on that you can (and should) learn something about everything you see and everyone talks about. If you like it, use it... And if you don't, you'll find out what not to do. I took it to heart and try to use any interaction with other coaches to ask questions or gain something to add to my coaching ideas, philosophy, communication tools, practical plans, etc. the best career or workplace advice I've ever received. Do what you love, and you won't work a day in your life. I heard that from my grandmother all my childhood, and from a lot of other very powerful people. I guess that's why I became a coach after all. I love the game of baseball (and football) and even more, I love being able to watch the players my coach change as players and young men. What didn't you know about what coaches do before you coached? At Lyon College, Tony Roepcke shared with me that 80% of coaching had nothing to do with baseball - and I didn't understand until he started working as a coach at that level. The detail that goes into area maintenance, knowing (guessing) the weather, fundraising, setting up music and PA, coordinating meals - the list goes on and on. But it totally made me a better coach than I had to understand planning not only for what you're going to do, but what you need to do in the worst case scenario. Your dream lunch. He's a coach. Any sport. On any level. Alive or dead. Who was it? Easy.... I'm Jim Valvano! He first came across the Jimmy V ESPY speech as a student assistant at Lyon College. I was immediately inspired by his message and began scrubbing the internet for more. I came across the Cutting Off the Nets speech at the Million Dollar Roundtable meeting. I started to see how We've been, and I saw a man between the two speeches that I could look up to. I'd like to sit down with him and laugh and think and cry... and what the hell one day! FISD Athletic Website Texas High School BaseballFISD 2018-19 School Calendar Texas UIL Baseball SitesLHS Website 2018-2019 Athletic FormsFrisco Educational Foundation LHS Baseball WebmasterMax Preps Rank One City of Frisco Food Safety Classes Frisco ISD Background CheckAmazon Smile ANNOUNCEMENTS No new announcements announcements

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