

1. What age did you start playing hockey?

I started playing hockey at the age of 4. I spent my first few years playing for the Big Lake Winterhawks.

2. Why did you pick hockey to play?

My late Uncle Tod grew up playing hockey and played for the Moose in the mid-80s. His good friend Chris Brunnhoelzl, who coached Palmer at the time, rented an apartment on our property when I was young. The two of them helped to convince my parents to let me play. They both played a large role in getting me started on the ice.

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

I've always played forward from mites to college. My current team, the Valley Ice Hogs won't let me back on defense.

4. What are you hoping the players will learn / experience by the end of your first season as head coach?

By the end of the season, I hope the players don't just grow as hockey players but become better teammates as well- working together for a shared goal and having each other's back. I hope that they learn what it means to be respectful- towards coaches, refs and themselves. In the end, it's about growing as an individual and having fun doing it.

5. How would you describe your coaching style?

As a player, I feel I always led through hard-work and as a coach I expect the same from the players. I've found through the years, I've began leaning toward a motivator-type approach including three minute locker room speeches including the word "K" 36 times.

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

I believe being a hard worker and good teammate can take you far in hockey. Being a high character player with a good attitude will give you a lot of chances to play. A nasty backy also helps.

7. What do you feel makes a great team?

A team with a common goal, willing to work for each other can go a long way. Each player must be willing to put the team goals ahead of their personal goals and embrace a role that will strengthen the squad. Also, great coaching.

8. Do you have any hockey superstitions?

No superstitions. Work hard and the game is good to ya.

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

In the summer, I’m playing Coed softball with my wife, Haley and Men’s league with Coach Mitchell. I have both my young boys in sports and will be helping out with a T-ball team this year. I enjoy fishing, hunting, camping, all the Alaska things. I also run a juggernaut Dynasty fantasy football team that needs constant GM’ing. 2023 Champ.

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

I have two young boys, Beau (6) and Brooks (3)

11. Favorite song?

I listen to almost everything. You cannot beat “Pancho & Lefty” by Willie Nelson & Merle Haggard

12. Favorite movie?

Moneyball. Based on my favorite ball club the (formerly) Oakland A's.

13. Do you have a favorite quote / saying?

"It's a great day to be great"- Greg Jennings... and Brett Olson

14. Interesting fact about yourself?

I can't whistle.