



## **YOUTH SPEAKER BIO**

Laurence (LJ) Spinnato, Choate Rosemary High School (CT), Head Coach

Coach Spinnato grew up in Madison, CT and played for Daniel Hand High School, one of the top programs in Connecticut & the New England Area. In high school he was a 3-sport captain and All-State honoree. When not competing, Coach Spinnato enjoyed participating in theater, specifically musicals each spring. He attended Amherst College where he was a 2-time 1<sup>st</sup> team All-Conference selection, 4-year letter winner and captain of the football team.

Coach Spinnato started coaching directly out of college at Northfield Mount Hermon as a 3-sport assistant coach in football, wrestling and track and field. He spent 6-months living overseas in Denmark playing in the Danish National League. In 2008, Spinnato returned to Connecticut taking another 3-sport coaching & admission position at Choate. He took over the football program as head coach in 2010. Since, the program has a combine record of 48-0, has won five NEPSAC Championship bowl games, and has placed over 60 athletes in top college programs across the United States. Says Spinnato, “football at Choate builds community, team skills and confidence in those who participate. In the end, football at Choate will create opportunity for our student athletes.”

Coach Spinnato returns to Choate for his 12th year as an Assistant Director of Admissions, head of house in a 10<sup>th</sup> & 11<sup>th</sup> grade boys dormitory, head football coach, and the coordinator of the college athletic recruitment support program.