

2020-2021 Varsity Coach Bios

Mike Calahan

V- Head Coach/Defensive Coordinator/Linebackers

This is Mike Calahan's first year as Head coach, ninth year on the Varsity staff and seventh year as Defensive Coordinator; previous years were spent as the Varsity Linebackers Coach and Strength and Conditioning Coach. Coach Calahan graduated from Aliso Niguel in 2005 and helped lead the Wolverines to a 9-2 record including a trip to the second round of C.I.F Playoffs. He received Sea View All League 1st team and All C.I.F Honors. After Aliso, he played two years at Saddleback College and then moved on to the University of San Diego where he was named Team Captain in his senior year and was Strength Athlete of the Year as well as All PFL Honorable Mention. After his playing days were over, Mike spent a year coaching Linebackers at USD under the Defensive Coordinator, Jon Sumrall, and Head Coach, Ron Caragher. Calahan graduated from USD in 2011 with a B.A. in History. Coach Calahan is currently in his **seventh** year of teaching at Aliso Niguel and currently teaches Special Education. He recently completed his Masters in Administration at Concordia University. Coach Calahan lives in Laguna Hills with his beautiful wife Dani and their son Jack who turned 2 in September and expecting a daughter Virginia (**Ginnie**) in a few weeks.

Pete Mitchell Jr.

V- Offensive Coordinator/Quarterbacks

Coach Mitchell attended Bakersfield High School where he was an All Area in 3 sports: Football, soccer, and baseball. He received Second Team All-State Honors in football 2007-8. In 2007, he was also voted "Player of the Year" Kern County, Channel 7 Hometown Sports, and Bakersfield, California. Pete was awarded the Mayor's Award and the "Jim Tyack Award" for best athlete in Kern County 2007-8. Pete set five all-time records at Quarterback at BHS and won two Division 1 CIF Central Section Championships. He was also MVP of his soccer team and baseball team as an all-area catcher. Peter was awarded the Old Spice "Red Zone Player of the Year" by USA Today for 2007 for his performance in the 2007 Title game vs. Clovis West. He went on to play two sports, football and baseball, at Whittier College where he was the football team captain and "Richard Nixon" Award winner. Coach Mitchell started his coaching career at Whittier College as a grad assistant and Quarterback coach and also coached baseball for 2 years. He then moved on to coach Quarterbacks at Pasadena City College. During his high school coaching career he has been the Laguna Beach HS Offensive Coordinator, Running Backs coach at Santa Margarita HS, and most recently the Offensive Coordinator at Northwood High School in Irvine where he teaches Mathematics. He lives in Mission Viejo with his wife Kristyne and his newborn daughter Anastasia.

Troy Yamaguchi

V- Offensive Line

This will be Coach Yamaguchi's fourth season at Aliso Niguel. He is a product of St. Bernard High School in Playa del Rey, CA where he lettered in football and baseball for three years. Troy continued his education and athletic career at Chico State University where he played football

for two years and received his Recreation Administration degree in 1991. Troy currently teaches Physical Education classes in the Anaheim Union High School District. Coach Yamaguchi started his coaching career at West Torrance HS in 1991 where he stayed for three seasons. Troy then moved down to the OC and coached football and baseball at both Mission Viejo HS for 3 seasons and at Laguna Hills HS for 2 seasons, helping the Hawks capture a CIF title in 1997. He also coached football at Cypress HS for three seasons. Most recently, Troy was the OT/TE coach at Saddleback College for seven seasons, helping the Gauchos capture two SCFA Conference Championships in 2006 and 2012. Originally from Honolulu, Hawaii, Troy now resides in Aliso Viejo with his lovely wife Lisa Ann, their 3 children Trevor, Tyler and Delaney, and their rescue dog Fletch.

Remy Wasserbach

V-Wide Receivers

This is Remy's first year coaching. He graduated from Aliso Niguel High School in 2015 where he played both football and baseball all four years. On the football field he played receiver, quarterback and safety. His play earned him 2x First Team All Sea-View League as well as 2x Wolverine Offensive Player of the Year for his Jr and Sr seasons. Due to his leadership, he was also named team captain his Sr year. After high school, Remy went on to play receiver at Saddleback Junior College where he was All-Conference and a scholar athlete. While at Saddleback, the team was very successful, winning two division Championships and ranking second in the nation in 2015. After his sophomore season, Remy earned a full Division 1 scholarship to play at Middle Tennessee State University where he won a bowl game in 2017. Upon finishing his football career, Remy attained a Bachelor's Degree in Communications from California State University Fullerton. His goal for this season is to teach these young athletes how to play smart, fast and physical football. Remy is now working on becoming a firefighter in Southern California.

Tyler Tangard

V-Running Backs/JV Offensive Coordinator

Tyler Tangard, 21, has played football since he was 8 years old. He has also coach football for several years. This is his fourth year coaching at ANHS. Tyler is an ANHS graduated and four-year Wolverine football player. His older brother, Hunter, was also a four-year Wolverine football player and his younger brother, Carter, graduated last year as a four-year Wolverine Football player. Tyler is thrilled to be coaching here at Aliso Niguel and is honored to be able to continue being a part of the Wolverine Football program.

Eric Clark

V - Defensive Line

This is Coach Clark's fourth year coaching for the ANHS football program and second year as the Strength & Conditioning Coach. Eric graduated from El Camino High School in 2003 where he was a two-sport athlete, playing basketball and football all four years. His love and passion for football lead him to the University of Nevada where he played D-1 Football and obtained a Bachelor's in Business Marketing and Communications. Illness and a knee injury prevented him from playing beyond the semi-professional football level but that also turned out to be a blessing

in disguise. It led Coach Clark to settling down in Aliso Viejo and becoming a certified USA Level I Speed Coach, and NESTA Certified Personal Trainer. He created Clark Sports in 2011, specializing in athletic training. His C.S.P.A.T. Camp has been one of the largest and most successful summer youth athletic conditioning camps in South Orange County for the past nine years. Clark is also an Elite Trainer at Renaissance ClubSport and specializes in athletic training. His primary passion is helping youth athletes to achieve athletic greatness through speed, strength, power and agility training, while also providing mentorship along the way. He is proud to have assisted many athletes in attaining college scholarships in various sport, and he truly hopes to help the athlete of Aliso Niguel achieve individual and team success both on and off the football field.

Anthony Carpenter (STILL NEEDED)

V- Safeties

Anthony Carpenter is a Defensive Football Coach, Personal Trainer, and experienced Contractor. In his first two seasons coaching, Carpenter was responsible for Defensive Backs at Tesoro High School, as well as coordinating the entire Defense for the Los Amigos Freshmen team along with Coach Robbins. He was also the D-Coordinator for your Aliso Wolves 7v7 (club passing league) team. He trains clients in strength and conditioning (speed/stamina/agility). Coach Carpenter works as a Superintendent for the Irvine Company, managing commercial construction sites. Carpenter has worked in major gyms for 10+ years, and has studied Kinesiology and Human Anatomy/Physiology. He has over 15 years of combined game experience (playing/coaching) from 11v11 down to 5v5 and everything in between. Defending the passing game is Coach Carpenter's strength, and the edge that he brings to Aliso Niguel's Defense and Safeties. Coach Carpenter currently lives in Aliso Viejo.

Cole Thomas

V-Safeties

This is Cole Thomas's first year coaching. He graduated from Aliso Niguel in 2015 earning 1st Team All Conference and team MVP his Sr year playing outside linebacker and running back. He continued playing at Saddleback College for 2 years where he was a scholar athlete and earned a partial scholarship to Pacific University Oregon. At Pacific his Sr year he broke the school record for solo tackles in a season, Athlete of the Month, a top 2 tackler in the conference, 3 time player of the week, team captain, and an All Conference safety. After he graduated with his Bachelors in history he went to EMT school and started working as an EMT for Care Ambulance and was an alternate for Costa Mesa Fire. He is currently in Santa Ana College Fire Academy class 179 and is looking forward to a start his career as a firefighter paramedic one day. Coles goal for the players this season is to help them grow there confidence, skillsets on and off the field, and teach them that they can do a thing they want with hard work and perseverance.

Tony Tantiyawut

Varsity-Cornerbacks/JV Defensive Coordinator

This is Tony's third year of coaching at Aliso Niguel High School. Tony has played football for seven years: three years with the SOC Patriots Pop Warner team, and four years at Aliso Niguel where he played for Coach Westling. Tony played as a Cornerback under Coach Calahan's defense. Tony's greatest accomplishment while playing at Aliso was winning against Capo Valley in overtime. Tony graduated from Aliso Niguel in 2016. Tony is currently attending California State University, Fullerton and plans to earn a Bachelor's degree in Marketing and Management. Tony will later pursue a Master's degree after graduating. Tony also helps out at his family's restaurant, Thai Bite. Tony's goal this season is to help these young athletes persevere through these tough and challenging times and develop them into young adults.

Mike Kyckelhahn

V-Defensive Line/JV Defensive Line

This is Mike Kyckelhahn's second year on the Varsity/JV staff. Kyckelhahn played at St. Paul High School at the varsity level as a Defensive End. He was All-Conference and played in the 605 All Star Game and was named Defensive Player of the game. He played at Cerritos College for two years; Cerritos' football team was ranked #1 junior college preseason. Kyckelhahn later signed with Cal State Long Beach as Defensive End under Hall of Fame NFL coach George Allen. Kyckelhahn graduated from Cal State Long Beach with an Accounting degree and also holds a Master's in Business Administration. He had a 25-year career as an accountant both with public accounting firms, corporations, and consulting. He retired in November 2018, and enjoys coaching the boys and has a real passion for football. He lives in Aliso Viejo with his wife, Zara, and son Kyle, who played with ANHS football for all four years. His daughter Katie is a graduate of Arizona State University and started a career with a cancer research company.

Lauren Mott

Assistant Athletic Trainer

Lauren has been a part of the Aliso Niguel Athletic Program for 5 years now. Athletic Training is something for which she has always had a passion. Lauren attended California State University, Fullerton from 2009-14 to play soccer, while earning her Bachelor's Degree in Kinesiology. During her fifth year of college, Lauren was an Undergraduate Assistant Coach for the Women's Soccer Team. Mott attended California Baptist University (2014-16) for her Master's Degree in Athletic Training where she gained experience working with DI, DII, junior college, and high school programs. Lauren's passion for Athletic Training is to make sure that player safety comes first, and then create an optimal environment for their recovery. Lauren is married to her amazing high school sweetheart Kevin, and they have two children, Avery and Connor.

Jessica Barr

Athletic Trainer

Jessica is currently starting her third year with the Aliso Niguel Athletic Program, her first as Head Athletic Trainer. She is excited to be working near her childhood home in Laguna Niguel and to have a chance to work within the Capistrano Unified School District which she had been a part of

for almost her entire K-12 education, including graduating from San Clemente High School where she played goalie for the Varsity Girls' soccer team and played alto saxophone with the Marching Band. She attended Irvine Valley College where she played two years of soccer, as well as Saddleback College where she played a season of softball and water polo. Jessica played club soccer and ice hockey while at the University of California, San Diego where she earned her Bachelor's in Visual Arts: Film & Video. Jessica has also received Associates of Arts Degrees from Saddleback College in Kinesiology and Psychology. She graduated from California Baptist University (2018) with her Master's in Athletic training where she worked with DI, DII, DIII, NAIA, junior college, and high school programs. When Jessica's not on the sideline attending to student-athletes she enjoys refereeing ice hockey and walking her basset hound, Pippi.