

Jack Donahue
Pitching Coach Mineral Area College
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Summary

As a former collegiate baseball player, I am seeking the opportunity to help young baseball players become successful both on the field and off the field. I have great leadership skills, work ethic, communication skills, and the ability to motivate players to become the best they can be. I am seeking an opportunity to continue to learn about the game of baseball, and continue to help athletes become better people as well. I look forward to continuing to make a difference in athletes' lives while also helping them become the best baseball player they can be.

EDUCATION

Des Moines Area Community College, Boone, IA
Liberal Arts AA Degree, May 2017.

University of Wisconsin-Stout, Menomonie, WI (Wisconsin's Polytechnic University)
Bachelor of Science in Applied Math and Computer Science, Concentration in Math Education, Dec. 2020

Central Methodist University, Fayette, MO
Masters of Education, Currently Working toward finishes up July 28th 2023

COACHING EXPERIENCE

Pitching Coach, Mineral Area College Park Hills, MO(Aug. 2021 – May 2023) **Junior College**

- Developed pitching plans for practice.
- Developed and helped 8 athletes to Division 1 schools.
- Helped my pitchers on average have a 4 mile per hour velocity jump
- Lead weight room program for pitchers and position players.
- Helped with campus visits, and oversaw academics.
- Rehabbed athletes, developed athletes physically and through nutrition.
- Hit quality fungo along with throw quality BP.
- Field work(Mow, drag, water, and line the field).

Pitching Coach, Northwoods league- Waterloo Bucks (May 2022 - Aug. 2022)

- Hit quality fungo along with throw quality BP
- Used Synergy to develop pitchers.
- Coached first base, and helped create the lineup.
- Worked with pitchers one on one.

Assistant Legion Baseball Pitching Coach, Marshfield Post 54 (June 2021 – August 2021)

- Developed offensive and defensive plans.
- Called pitches and taught catchers how to call a game.

Assistant Pitching Coach, UW Stout (Sept. 2019 – May 2021) **Division 3**

- Developed practice plans with the other assistant coaches.
- Operated the Rapsodo and explained to the pitchers.

- Analyzed data and developed a defensive strategy.
- Developed a lifting plan and arm care program.

Playing Experience

College Baseball player – Des Moines Area Community College (Sept. 2015 – May 2017)

College Baseball Player – University of Wisconsin Stout (Sept. 2017 – June 2019)

- Team Captain of UW Stout Baseball Team (Feb. 2019 – June 2019)

Volunteer

- Assisted in creating a flag football league in Marshfield, WI (Aug. 2011)

- Assisted in creating Marshfield Fastpitch in Marshfield, WI. (June 2012)

References

Blake Jones

Head Coach Mineral Area College

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Zach Bayreuther

Assistant Coach at University of Wisconsin Stout

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Ryan Christenson

Pitching Coach at Precision Pitching

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