



## **BJ Ball**

### **Positions Held:**

*Assistant Coach/Assistant Head Coach*

Comets of Charles County Track & Field  
Southern Maryland Pop Warner Football League  
Southern Maryland Hawks Youth Football League  
Charles County Youth Select League (BASKETBALL)

### **Education:**

Bachelor of Science – Frostburg State University  
Minor in Graphic Design

### **Certifications:**

NYSCA – National Youth Sports Coaching Association  
USATF – USA Track and Field

### **Background:**

Coach BJ begins his 9th season coaching youth sports and his 6th season coaching with the Comets of Charles County. Over his 9 year tenure, he has taken athletes to championship levels on numerous occasions with different organizations including basketball, football, and track and field. He brings passion to coaching as well as multitudes of knowledge and the desire for his athletes to be great. His main goal is to train youth athletes to be better than they were the day before and find the greatness within themselves. Coach BJ has also received a Bachelors of Science & minor in Graphic Design from Frostburg State University.