

## **Seth King was hired to lead the way for Centennial High School as the new varsity head coach for boys lacrosse.**

Seth King has been hired to take over the boys lacrosse program at Centennial High School. The position opened in July when previous coach Jon Beach stepped away to spend more time with his family.

“Seth has a strong commitment to coaching both the individual and team with a coaching philosophy centered around creating an environment of accountability and respect” said Matt St. Martin Director of Athletics and Activities for Centennial High School.

King is a native of White Bear Lake, graduating from WBLAHS in 2013. Seth played defensive midfield in lacrosse for the Bears, being named All-Conference his senior season, and honorable mention his junior season. After graduating from high school, Seth attended the University of St. Thomas where he received his bachelor’s degree in business with a focus in entrepreneurship studies.



He started his coaching journey in the youth program in White Bear Lake. After helping grow the youth program for a couple of years he moved up to the high school level coaching three years at Roseville High School, two years as an assistant and one year as the boys varsity head coach. He has spent the past two seasons as an assistant coach for the Centennial High School Boys team. In addition, he has been coaching club lacrosse for the Minnesota Loons since 2016. King stated, “I am beyond excited to lead the Centennial Boys Lacrosse program and further grow the sport of lacrosse in the Centennial community.”

Ginger Flohaug, Assistant Director of Athletics and Activities stated, “I am excited to have Seth as our new boys lacrosse coach. He brings with him great energy, leadership, and passion for the sport and our Centennial community.” St. Martin added, “Seth believes that the values learned from participating in education based athletics allow student-athletes to grow as individuals, he will be an incredible asset to our coaching staff and school community as a whole.”