



**TWIN CITIES
ORTHOPEDICS**

PRESENTS



**LIFE AWAY
FROM THE
DIAMOND**

**Q&A WITH
COACH FARMER**

**SAYDIE &
LENNOX**

**BY MICHAEL
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GETTING TO KNOW COACH ZACK FARMER

A TRUE FAMILY MAN

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“Powerful”, exactly what comes to mind when I think about Blizzard Coach Zack Farmer. Not only is he a powerful figure in the program but he is also a member of a band known as Whiskey Burn. Farmer commands the drums and his job is to lead the entire band. He also uses this skill set to command the boys during practices and games.

Farmer grew up in Duluth, MN where he caught for Duluth East High School for four years on varsity with an occasional relief appearance on the mound. Following high school, he would attend St. Scholastica although originally to play football. He got the itch for the diamond, had a great fall and the rest was history as he earned a spot on the baseball team as a PO (pitcher only) closing games all four years. In typical Farmer fashion his walk out song was Hail to the King – Avenged Sevenfold.



His heart remained in the game and following graduation in 2015 he started coaching with Duluth Marshall. It was in 2017 when he moved to the Twin Cities that he contacted Adam Barta and started coaching with the Blizzard. The Fall Elite program and the Spring seasons is when you will see Farmer on the diamond the most.

In September 2019 Coach Farmer and his then fiancée Saydie were married and on March 27, 2022 the happy couple welcomed their son Lennox Howard into this world. Farmer stated “I am beyond grateful to parent alongside such a strong, intelligent woman” when referring to Saydie. Like all new parents they have learned that its not all roses and rainbows raising a child, however they work together, support one another and are enjoying the ride.

I view Farmer as a true family man, when asked what his favorite family activity was he said “anytime we have a family outing, whatever the moment is, that would be my favorite.” Saydie and Farmer are looking forward to a summer spent up north at the cabin and out on the water. I am guessing Lennox will do his best to keep them on their toes this summer as a few weeks ago, when Farmer was coaching in Iowa, Lennox started taking longer stretches of steps and it will only be a matter of time before he is out running around on the baseball diamond (but first he will explore the great outdoors 😊). The teams are always looking for a “bat boy” and I am sure Lennox will be right there waiting!

To say Farmer has left a lasting impression on our family since interacting with him in 2021 is an understatement. I always think of his exotic socks whenever I hear his name . After taking a year off from coaching when Lennox arrived, we were ecstatic to learn of his return this past spring. If you ever have the chance to engage with him, he is very well spoken, calm, cool and collected. He knows what to say, how to say it and can always get the most out of the boys. I expect coach Farmer to remain a strong presence in the Blizzard program and we are lucky to have him molding these young men.

Q & A with coach Farmer:

How many tattoos do you have?

Farmer: *17 – but don't ask how much I've spent on them, that one might get me in trouble*

What is it like playing in a band?

Farmer: *Playing music has always been something that I have wanted to do and have done. I was given my first drum set when I was 2 years old and haven't looked back since. I played in bands in high school but never really played any shows, it was more to just fill time. Playing regular gigs now for the last three years has been a ton of fun, being up on a stage and watching the crowd dance and have fun is super rewarding. Heck, it's still a bunch of fun if no one shows up because at the end of the day we still get to play music. I really enjoy when we get people that come up to us and thank us for playing a song because they have a connection to it that sparks a memory or reminds them of a loved one. That's what I like the most, playing songs and watching people sing along to them. They are all singing the same words, but for different reasons.*

Favorite Blizzard Tournament?

Farmer: *Jackie Robinson in Vero Beach, FL. It's in February, so that's a great time to get out of Minnesota but it is also the last tournament for the graduating seniors which is bittersweet as a lot of the kids have been with the program since they were 9 years old. To see the progress, along with the memories they have made together is always awesome.*

Favorite thing about Blizzard?

Farmer: *What's not to love? This program in my eyes has always been way bigger than baseball. The growth that not only the players obtain, but also the growth of the coaches. The amount of baseball knowledge throughout the program is amazing, and we are all learning from each other. The tournaments are a blast, and the road trips to Iowa even though the weather hardly cooperates are still some of my favorite times. I also love the values of the "Big 5" and that our players live out those values even after the game is over for them.*

Best piece of advice you would give today's youth?

Farmer: *Be in the moment. If you are heading into class, homework, practice, choir concert, band concert, etc. be in the moment. Take it all in and approach the task at hand with purpose. Always ask questions and strive to learn and remember that Rome wasn't built in a day. It takes time to create great things, so don't get flustered if things aren't working out the way you want them to at that time. Take the time to figure out how to build your Rome, it'll be worth it.*

