**PJ SEILHAMER**

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| **9381 Worthington Drive, Bristow, VA 20136 | (H) (703) 910-1732 | CoachSeilhamer@gmail.com** |

**Professional Summary**Self-motivated athletic professional with extensive experience in leadership positions, working with teams and brings a lifetime of involvement in competitive sports, including participation, administration and coaching.

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Core Qualifications**

* Played in a top tiered High School football program located in Penn State University
* United States Marine Corps military and training experience
* Played 20 seasons at the Minor League football level as a Quarterback, Running Back, Tight End, Field Goal Kicker
* Played in over 300 football games in career
* Won 11 League Championships and 1 National Championship at the Adult Amateur Level
* Coached 3 years at the Youth Level as a Head Coach
* Coached 6 years at the High School level as an Assistant Coach
* Coached 4 years at the Adult Amateur level as a Head Coach and Offensive Coordinator
* Coached 1 year at the High School level as a Head Coach

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Coaching Experience**

**Head Coach / Off Coordinator / Def Coordinator – Freshmen & Junior Varsity, Ashburn VA 2022 - 2023**

**Broad Run High School**

**Offensive Coordinator/QB Coach, Manassas VA 2021 - 2022**

**Osbourn Park High School**

* QB – Ryan Westhoff – 2nd Team All Conference

**QB / RB Coach, Fairfax VA 2018 - 2020**

**Lake Braddock High School**

* QB – Billy Edwards – 2nd Team All-State QB (University of Maryland)
* RB – Joe Murray – 1st Team All-State RB (College of William & Mary)
* RB – Ben Dizon – 2nd Team All-Region RB & KR (Christopher Newport University)

**Head Coach / Offensive Coordinator, Purcellville VA 2017 - 2018**

**Virginia Chargers**

* #1 Offense in League (2017 & 2018)
* Runner-up AFA League Champions (2018)
* AFA League Champions (2017)

**Head Coach / Offensive Coordinator, Woodbridge VA 2017 - 2018**

**DMV Elite**

* #1 Offense in League (2017 & 2018)
* WFF League Champions (2017)

**QB / RB Coach, Chantilly VA 2016 - 2017**

**Westfield High School**

* 2017 Undefeated Freshman & Varsity Season
* Virginia 6A State Champions (2016 & 2017)

**Head Football Coach, Reston VA 2015**

**Reston Seahawks (FCYFL)**

* 130 AMERICAN

**Head Football Coach, Centreville VA 2012 – 2013**

**SYA Wildcats (FCYFL)**

* 100 CENTRAL
* 115 NATIONAL

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Playing Experience**

**Virginia Lions,** Woodbridge VA **Spring 2019**

**United Eastern Atlantic Football League (UEAFL)** 5-6 Record

**DMV Elite,** Woodbridge VA **Summer 2015 - 2016**

**World Football Federation (WFF)** 20 – 5 Record

* MDFL League Champions (2015)
* Runner-up NFE National Champions (2015)

**Virginia Chargers,** Charles Town WV **Spring 2011 – 2013, 2015 - 2017**

**Atlantic Football Association (AFA)** 80 – 9 Record

* AFA League Champions (2011, 2013, 2016 & 2017)
* Runner-up MLF National Champions (2013)
* Runner-up AFA League Champions (2012 & 2015)

**DC Explosion,** Washington DC **Fall 2010**

**North Atlantic Football League (NAFL)** 12 – 2 Record

**Shenandoah Valley Tigers,** Charles Town WV  **Spring 2008 – 2010**

**East Coast Football Alliance (ECFA)** 17 – 12 Record

**Frederick Outlaws,** Frederick MD  **Spring 2007**

**East Coast Football Alliance (ECFA)**  10 – 2 Record

* Runner-up ECFA League Champions

**Prince William Monarchs,** Dale City VA  **Fall 2001, 2005 – 2009**

**Regional Atlantic Football League (RAFL)** 43 – 13 Record

**Mason-Dixon Football League (MDFL)** 48 – 10 Record

* Runner-up RAFL League Champions (2008)
* RAFL League Champions (2007)
* Metro Bowl Champions (2001, 2006 & 2007)
* USFA National Champions (2007)
* Set Record for most wins in a season (2007, **20**)
* MDFL League Champions (2001 & 2006)
* Runner-up MDFL League Champions (2005)
* AFA Virginia State Champions (2001)
* Set Record for most games played in a season (2001, **21**)

**Virginia Mutiny,** Manassas VA **Fall 2002 – 2004**

**Mason-Dixon Football League (MDFL)** 23 – 15 Record

* MDFL League Champions (2002)
* AFA Virginia State Champions (2002 & 2003)
* Metro Bowl Champions (2002)

**Montgomery Bucks,** Montgomery MD  **Spring 2002**

**Diamond Football League (DFL)** 3 – 5 Record

**USMC Camp Johnson,** Jacksonville NC **Fall 1994**

**Military (USMC)** 11 – 0 Record

* Military League Champions (1994)

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High School**

**State College High School Little Lions,** State College PA **Fall 1990 – 1992**

**Pennsylvania Division-AAAA** 22 – 17 – 1 Record

* State Finals (1991, 1992)
* District 6 Champions (1991, 1992)

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Education**

**Masters of Science,** Information Systems & Technology May 2021

Purdue University Global

**Bachelor of Science,** Information Systems & Technology May 2019

Purdue University Global

**Associate of Applied Science,** Computer Information Systems May 2000

Northern Virginia Community College

**Training and Certifications**

* NFHS Blocking, Shoulder Tackling & Equipment Fitting
* NFHS Concussion In Sports
* FCPS Sports First Aid
* NFSH Accredited Interscholastic Coach (AIC)
* NFSH Bullying, Hazing and Inappropriate Behaviors
* NFSH Coaching Football
* NFSH Fundamentals of Coaching
* NFSH Heads Up Football
* NFSH Heat Illness Prevention
* NFSH Sportsmanship

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Military**

**United States Marine Corps** Feb 1994 – Feb 1998

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**References**

**Matt Rhule,** Head Coach

**Carolina Panthers**

**(980) 293-2472**

**Jeff Nixon,** Assistant Head Coach

**Carolina Panthers**

**(856) 938-8566**

**Lori Locust,** Assistant Coach – Defensive Line

**Tampa Bay Buccaneers**

**(717) 839-1306**