



*For Immediate Release*

*April 4, 2016*

Garfield High School Athletics is pleased and extremely excited to announce to our community our new Head Football Coach Joey Thomas.

Joey Thomas is a native of Seattle who began playing football at CAYA and became a decorated athlete from John F. Kennedy High School, a three-sport athlete in football, basketball and track. While playing for the Lancers, Thomas was a two time high school all-area and all-state selection in football.

At Montana State University, Thomas had 122 career tackles as a defensive back and 11 recorded interceptions, and was selected as a two-time All-American and three-time All-Big Sky Conference football player. He also ran track for the Bobcats and finished 3rd in the 55m Big Sky Indoor Track & Field Championships. He is regarded as the best cover corner to ever come out of the Big Sky Conference.

Thomas was the 3<sup>rd</sup> round draft pick for the Green Bay Packers in 2004. He then played five years in the NFL and one year in the CFL for the New Orleans Saints, the Miami Dolphins, Edmonton Eskimos, and finished his professional career with the Oakland Raiders.

After retirement, Thomas transitioned from player to head coach. He recently finished his fifth year as the head coach of Ballard High School, where he is also the G.A.I.N.S Success coordinator. His biggest fans are Team Thomas-his wife (Nicole), daughter (Malaiyah), and sons (Joey and Josiah).

Although he had little prior coaching experience, Coach Thomas turned a struggling program on and off the field into a State-contending powerhouse in just 5 years. Thomas made a huge impact in the lives of his players and the Ballard community. In the last two seasons, his program went 12-4 in Metro, won two division titles, advanced to the State tournament, and most importantly this season had a team GPA of 3.0.

Ballard Athletic Director, Carrie Burr, stated, *"What sets Coach Thomas above the rest is his ability and drive to further his student-athlete's education and playing experience. From the moment he took over he instilled mandatory study halls, found tutorial support for his players, and helped send 27 student-athletes to college. Coach Thomas is a visionary. His strength is being able to ignore the naysayers and defy what is possible. I am beyond grateful for what he has done for our football program, the league, and the Ballard community."*

Again Garfield is extremely excited to introduce Joey Thomas as our new Head Football Coach.

Building with you

Ed Haskins  
Athletic Director  
Garfield High School