

Mike Sheldon – Defensive Coordinator, Sophomore



Mike Sheldon is serving in his ninth year coaching at Kennedy. A 1984 Kennedy alum, Sheldon played offensive line at Kennedy. He continued his football career as an offensive linemen at the University of Dubuque, where he was a two-year starter and earned Honorable Mention All-Iowa Conference honors.

Sheldon began his football coaching career at the youth level, coaching in the Cedar Rapids Metro Youth Football Association from 1999-2004. He began coaching at Kennedy in 2006, serving as Assistant Coach of the Freshmen team from 2006-2012. In 2013, he left Kennedy to become the Head Sophomore/Freshmen Coach at Alburnett High School. In 2014, he returned to Kennedy where he has served as the Defensive Coordinator of the Sophomore team.

Sheldon resides in Cedar Rapids with his wife, Jean. They have two sons that graduated from Kennedy as well, CJ (2006) and Ryan (2011).