

Matthew LemMon

Football • Richmond, CA

og1coaches.com/p/coachlemmon

Biography

Matthew T. LemMon is the Head Football Coach and Social Science Teacher at Garden Grove High School, with over a decade of experience developing players and building high-performing programs. He specializes in offensive strategy, player development, and team culture, emphasizing discipline, accountability, and character growth on and off the field. Raised in a family with deep football roots—his grandfather played in the NFL—Matthew's coaching philosophy was shaped by mentors like Mike White and John Ralston, instilling a belief that football is a tool to form young men of character, with wins as the byproduct of doing things the right way.

Previously, Matthew led one of the top offenses in California at Tamalpais High School in 2023, ranking 8th in the state for explosive plays and preparing numerous players for collegiate success. He consistently demonstrates an ability to analyze defenses, exploit structural advantages, and design offenses that empower athletes to play fast and with purpose. Matthew is committed to lifelong learning and professional growth, attending national coaching conventions, and seeking every opportunity to support programs at the high school, college, and eventually NFL levels. Off the field, he focuses on mentorship, academic support, and preparing athletes to succeed beyond football.

Statement

I coach to build men of character and teach them to play fast, confident, and disciplined football. My approach is relationship-driven, detail-oriented, and focused on helping players understand the "why" behind our systems. I create clear standards, empower leadership, and use football as a tool to prepare young people for success on and off the field.

Education

Masters in Teaching

Saint Mary's College of California

Philosophy

San Diego State University

PRINCIPLES

- Integrity: Do things the right way, every day.
 - Accountability: Own your actions, effort, and preparation.
 - Growth: Seek constant improvement on and off the field.
 - Connection: Build trust through clear communication and genuine relationships.
 - Purpose: Use football to develop young men for life beyond the game.
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COACHING CAREER

Head Coach — Garden Grove High School

CIF - California Interscholastic Federation | Football | 2024

Head Coach — Tamalpais High School

CIF - California Interscholastic Federation | Football (Men) | 2017 - 2024

Offensive Line Coach — Hercules High School

CIF - California Interscholastic Federation | Football | 2014 - 2017
