



Ross Arnold
Teacher and Coach in HVS since 1970

Ross Arnold - 39 years coaching. A teacher and coach in Huron Valley since 1970, Ross coached football, cross country, basketball, track and most recently, wrestling (with his son, Ryan). Ross also created and coached the Milford power lifting teams in the 1970's and 1980's. Coach Arnold dedicated himself to Huron Valley Athletes at the middle school and high school levels as both a head coach and an assistant. He was a man ahead of his time when it came to strength training and his knowledge in this area gave his athletes a distinct advantage. He has an uncanny ability to simplify exercise physiology and teach it to learners across all disciplines. He has coached athletes to all levels of success (league, regional and state champions) and he continues each day with the enthusiasm of a first year coach. Ross and his wife, Diane, recently celebrated their 40th wedding anniversary. They live in Howell and enjoy their soon-to-be nine grandchildren.