

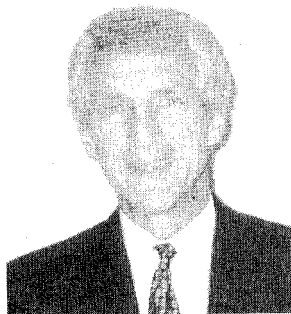
During Frank's 28 years of coaching, he has made three stops in the Detroit Metro area. He started at St. Mary's of Redford in 1967 and stayed six years with a 65-54. In 1973, he moved to Warren Tower High School and stayed 8 years, posting a 56-84 record.

In 1981, he moved to Detroit Country Day where he is still coaching. Frank's Country Day teams have won 268 and lost 61. Included in the 268 wins are 8 District and 6 Regional Championships. Country Day has made in 5 Final Four appearances, was State Runner-Up in 1990 and has had two State Championships -- Class C in 1989 and Class B in 1995.

Frank has numerous awards in Baseball and was inducted into the Baseball Coaches Hall of Fame in 1990.

In basketball, Frank was Class C Coach of the Year, Detroit News and Free Press, 1989-1990. In 1989, he was the BCAM All-Star assistant coach, Class and the BCD Head Coach in 1990. In 1995, Frank was named the BCAM Class B Coach of the Year.

Frank also appeared in Sports Illustrated "Faces in the Crowd", January 22, 1996 issue.



**FRANK ORLANDO**  
**Detroit Country Day**  
**School**