In twenty-seven years of coaching basketball, Jan Sander's teams have won 427 games and lost only 159.

Jan started her coaching career at Warren Woods High School, then Tower High School and then at Warren Woods Tower High School.

Jan's teams have won seven league championships and five district championships.

She was named Coach of the Year six times and was nominated for National Coach of the Year in 1989. In 1997, she was inducted into the Macomb County Coaches Hall of Fame.

Jan has also served on the MHSAA Girls Basketball Officials Selection Committee and was the founder of the Macomb County Girls Basketball Association in which she served as president for six years.