

Frederick Mainhart graduated from Conemaugh Township in 1994. During his time as a student, Fred played both soccer and basketball, starting in seventh grade, all the way up until graduation. Fred majored in marketing at Edinboro University from 1994-1998. After, he attended Indiana University of Pennsylvania to receive a two-year degree in Social Studies education. Fred began his teaching career at James M. Bennett School District near Ocean City, Maryland, working for two years from 2003-2005. He moved to Pennsylvania to return to Davidsville to teach at Conemaugh Township. He began in 2006 and has been loving the district ever since. Alongside teaching the freshmen and seniors, Fred has remained a constant factor in our varsity sports. He coached the boys varsity basketball team for many years alongside Mr. Byer and Mr. Lesko, leading them to multiple Westpac and District titles throughout his years. He currently coaches our boys varsity soccer team and has been very successful these past seasons, just recently leading them to a conference and District title in 2023.

Fred lives in the heart of our district, Davidsville, with his wife Samantha, and youngest son Keelan. Keelan is nine-years-old and seems to already be following in his father's footsteps as a soccer player. Fred married Sam in 2006. His eldest son, Declan, a 2023 graduate and star varsity goalkeeper, recently started to attend Penn Highlands Community College.

During his time at Township, Fred had an amazing time. Fred's fondest memory from high school was being able to play his two favorite sports, soccer and basketball, as well as all the friends he made along the way. Fred found inspiration along the way from his favorite teacher, Mr. Cable. Mr. Cable was his world cultures teacher, who not only was his basketball coach, but a light in his school life with his bubbling personality and great humor. When asked about his time in our district, Fred replied, "I've enjoyed the ability to teach all the students I've had, work with all the staff I've worked with, and look forward to all the relationships and memories I make every day. Township truly is a special place."