

Jeff Rago
Head Coach
Notre Dame Prep High School – Fairfield, CT

Coach Rago began his career in 1994 as a school counselor and assistant coach at Greenwich High School. Following several successful years at GHS, he moved north to the Trumbull Public Schools in 2001, serving as a middle school counselor and assistant baseball coach at Trumbull High School. After a period as an assistant coach, he assumed the head coaching position at Joel Barlow High School in Redding in 2008.

Coach Rago inherited a program facing significant challenges, characterized by years of losing seasons and low participation. Under his leadership, the program experienced a remarkable turnaround. During his tenure, the number of student-athletes participating rose dramatically, leading to the establishment of a freshman team in 2015. His contributions extended beyond player development; he spearheaded fundraising efforts resulting in the construction of a new varsity baseball field, introduced American Legion and AAU baseball programs to the community, and fostered the development of college-level baseball talent. His leadership at Barlow culminated in numerous individual and team awards. Coach Rago stepped down from his position at Barlow in 2015 for health reasons and to watch his children play high school athletics.

In 2023, Rago was ready to return to the head coaching ranks and was appointed head baseball coach at Notre Dame Prep High School. In his first season, he guided the team to a successful 14-6 regular season record, securing both league and state playoff berths—the Lancers' first postseason appearance since 2018. While the 2025 season presented challenges due to significant injuries within the pitching staff, the team persevered, earning a state tournament bid and providing valuable varsity experience to junior varsity players filling in for the injured varsity players.

Rago's coaching philosophy emphasizes team building, culture, meticulous attention to the fundamentals of the game, and an unwavering commitment to effort, energy, and enthusiasm. His leadership has established a strong foundation for the continued success of the NDP baseball program.