



Paul Keizer

Offensive Line/Strength and Conditioning Coach

Paul Keizer will be entering his ninth season with the Storm coaching staff.

Keizer, a former two-time all-star, played for Sioux Falls in 2007 and 2008. During Keizer's career, the Storm allowed only 18 sacks on 836 passing attempts. The Storm offensive line, led by Keizer, set a team record in rushing yards and total points during the 2007 season. He earned UIF Western Conference All-Star honors twice in 2007 and 2008.

Paul was a four-year letterman for the Jacks, as a tight end. He was a Second Team All-North Central Conference selection as a sophomore and a Second Team All-Great West Football Conference (GWFC) as a junior. As a senior at SDSU, he played the guard position and earned Second Team All-Honors. Keizer spent time with the Buffalo Bills in the summer of 2006 and was in camp with the Los Angeles Avengers of the AFL before the 2007 season began. A hamstring injury led to his release from both the Bills and Avengers.

Keizer, a South Dakota State University alum, has been with Orthopedic Institute since August 2014 and offers performance enhancing personal training with a new program called OI STRONG. He and his wife, April, live in Sioux Falls with their two children.

