Mike Proto graduated from North Haven High School in 1975. During his high school career, he played freshman football, and lettered in basketball and baseball. As a member of the baseball team under legendary coach, Bob DeMayo, he was a 3-year starter as a pitcher, compiling a career record of 23-3. He was named to the All-Housatonic League Team in both his junior and senior year. He played in the Senior All Star Game and was the winning pitcher in the State Championship Game against New Britain, 1-0, pitching a 2-hit shutout.

Proto attended the University of New Haven and graduated summa cum laude in 1979 with a Bachelor of Science Degree in Criminal Justice. He was awarded a Master of Science Degree in Special Education from Southern Connecticut State University in 1988.

Proto served the community of North Haven for 38 years as a special education teacher and retired in June 2019. He has coached Freshman Baseball at North Haven High school since 1979, and was named Assistant Coach of the Year in 1994 by the CIAC. In addition to coaching baseball, Proto has also coached football, and was the Varsity Basketball coach at North Haven for 14 years from 1981 to 1994. His basketball teams won the Housatonic League Championship in 1984 and 1985 and the team he coached in 1989 was the runner-up in the 1989 Class M State Championship. He was selected as the Tap-Off Coach of the Year in 1985 and was named New Haven Register All-Area Coach of the Year in 1989.

Proto resides in North Branford with his wife Linda and has two sons, Matt & Ryan. Ryan and his wife, Liz, have recently become parents to Mike’s first grandchild, Katherine.