

COACH EDGE

BS, CPT, CSCS

*Sports Performance, Fitness & Personal Training Director
Certified Personal Trainer, Certified Strength & Conditioning Specialist*



Education & Certifications:

Bachelors of Science in Health and Physical Education from Frostburg State University. Minor in Athletic Training and Nutrition. Post Graduate studies at McDaniel College, Masters in Education. Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. Former High School Varsity Boy's Soccer and Lacrosse Coach for ten years.

Specialty:

High Intensity Training for all athletes, Training and Conditioning, Sport Specific Training for Soccer and Lacrosse.

Philosophy:

Train hard. No Excuses!

