



DIRECTOR OF CHANGE OF DIRECTION

KAHMAL ROY

Kahmal Roy has an extensive background in playing and coaching athletics as well as sport performance training. A Long Island product, Kahmal excelled in both football and basketball at Holy Trinity High School (Hicksville) before accepting a scholarship to Hofstra University. There, he broke numerous school records and was named to multiple NCAA All-American teams. Kahmal had a brief professional career in football, being included the New York Jets, Saskatchewan Rough Riders and NY / NJ Xtreme rosters. He then returned to both his alma maters Holy Trinity High School and Hofstra University to coach and mentor young student athletes. Kahmal's next career move shifted his vision into the sports performance aspects of athlete development. He spent seven years as Program Director for one the country's largest sports performance franchise, the Parisi Speed School. This stint gave Roy an in depth look into the foundational levels of all athletes in all sports; their level of athleticism. Kahmal pursued and achieved certification through the Parisi Speed School, Mike Boyle Strength and Conditioning as well as Training For Warriors. Today, Kahmal co-owns and operates a company that bridges the gap between sports performance training and sport specific training; Position Specific Training, also known as "PST". Kahmal firmly believes that through athleticism, skill development, and education any athlete will return to their respective sport more knowledgeable and confident, leading to personal and team success.



YEARS AT HOLY TRINITY

'04 - '07, '11 - '14, '18 - Present

YEARS OF COACHING EXPERIENCE

15 Years

PREVIOUS COACHING EXPERIENCE

Hofstra University '07 - '09
(Cornerbacks, Wide Receivers)

PLAYING EXPERIENCE

HTHS High School - '93 - '97
Hofstra University - '97 - '01
New York Jets (NFL) - '02
Saskatchewan Rough Riders (CFL) - '04

255 VOICE ROAD • CARLE PLACE, NY

CALL: 516-744-6792 • VISIT: WWW.CSPLI.NET • EMAIL: INFO@CSPLI.NET