



PERFORMANCE TRAINER

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HEAD PERFORMANCE TRAINER

- 4 Year Starter Chaminate Baseball
- 2x All League CHSAA Player
- Division II Scholarship Athlete
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- P3 Strength Coach
- Luhi Varsity Baseball Strength & Conditioning Coach
- Infinity Sports performance trainer
- Parisi Speed School certified personal trainer
- NASM certified personal trainer
- ACE certified personal trainer
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- Have trained over 100 colligate athletes:
Baseball, Football, Soccer, Field Hockey,
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- Have trained 12 professional baseball players



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