

DIRECTOR/PRESIDENT - MINTURN FITNESS CENTER
Executive Profile

21-year Internationally-regarded coaching professional, 13-year Nationally certified/accredited in Strength and Conditioning, Industry-leading Athletic Performance Executive in the field of high-performance athletic training who creates strategic alliances with organizational leaders to effectively align with and support key business initiatives. Experience with successful facility design, builds and operations. Recruits and retains high performance teams by hiring, developing and motivating skilled professionals. Provides oversight of all budgets, operations and strategic initiatives with sound operational management skills. Provides athletic high-performance programming, training, education, presentations and hands-on coaching of all Elite, High-School and General Population athlete membership on and off-site.

Skill Highlights

- NSCA CSCS*D (09-14)
- NSCA RSCC*D (16-Present)
- EXOS XPSA
- NSCA Colorado State Program Director (11-12)
- EXOS (Formerly Athlete's Performance) Level IV Mentor (05-2010)
- Director of Human Performance SSCV (10-Present)
- FMS Level 1 Certified (09-Present)
- TRX Level 1 Certified (09-Present)
- Power Plate Academy Certified (09-Present)
- Internationally Recognized Speaker for the NSCA and Keiser Corp (08-Present)
- Director of Coaches Education for SSCV (10-Present)
- Director of Facilities and Operations Minturn Fitness Center (14-Present)

Noted Accomplishments

- Women's FIS Team Coach for SSCV producing the most athletes from a single program to make the USST during the 2 year span 1997-99
- USST Disabled/Paralympic Alpine Coach of the Year 2005
- Designed and Executed First-Ever Dedicated SSCV Strength and Conditioning Program 2006
- Designed and Executed First-Ever 55-Hour Continuing Education program for Ski and Snowboard Club Vail Full and Part-time athletic staff (120-134 staff members) 2009
- Directed all-inclusive Human Performance Program for SSCV including Strength and Conditioning, Sport Psychology, Nutrition and Medical intervention 2009-Present
- Proposed, designed, built and provided operational oversight of all facets of the Minturn Fitness Center on the VSSA Campus including operations, hiring, membership management, marketing and advertising, programming for General Population, Junior, High-School and Elite/VIP athletes. 2014-16
- Presented at the NFL Combine in Indianapolis ID on the subject of "Power Training for Olympic Success" Spring 2014

Professional Experience

Director/President - Minturn Fitness Center Aug 2013 to Mar 2017

Company Name 1/4 City, State

- Responsible for concept, design, oversight of construction and opening of the Nation's first half-public, half-private Performance Training Athletic Facility with funding split between the municipality of the Town of Minturn and Ski and Snowboard Club Vail.
- Secured Strategic Partnerships and Sponsorships to include, but not limited to: Facility Design, Construction, Equipment, Staffing and Uniforming.
- Provide Operational Oversight to include, but not limited to: Scheduling, Programming, Zone Layout, Organizational Philosophies and Strategies and Recruitment and Hiring of all relevant Administrative and Coaching Staff.
- Provide Budgetary Oversight to include, but not limited to: Hourly and Salaried Payroll, Expenses and Revenue, Relevant Fee Structures for Membership, Elite and VIP Fee Structuring and Continuing Oversight and Strategic Initiatives to balance Profit and Loss.

Director of Human Performance May 2010 to Mar 2017

Company Name 1/4 City, State

- Responsible for coordination of all aspects of Athletic Human Performance for the athlete population at SSCV including but not limited to: Strength and Conditioning, Sport Psychology, Nutrition, Athletic Programming through Periodization with discipline specificity, Program Design, Athletic Testing, Data Compilation and Analysis and Medical Coordination and Intervention Strategies.
- Recruiting, Hiring, Management and Evaluation of all Human Performance Staff.
- Integration and Collaboration with all Sport Specific Coaching Staff at SSCV.
- Organization of all non-snow training sessions with facilities both on and off-site.
- Presentation and collaboration of training methods and philosophies both internal and external including LTAD, program periodization and programming.
- Responsible for the design, organization and execution of an annual, Industry-Leading 55 hour Continuing Education Program for the entire full-time SSCV Staff including but not limited to: Scheduling, Organization of facilities, Recruitment of Industry Professionals to speak on the topics of Leadership, Sport Performance Strategies, Communication Strategies, Building a Culture of Excellence, Team-building, and Annual Operational Expectations.
- Annual Sub-Contract by the FIS through SSCV to oversee all safety systems, surface management and course sets for the FIS World Cup and FIS World Championships at Beaver Creek, Colorado. Duties include but are not limited to: Design of Safety Systems including A and B-net systems, Racecourse surface preparation and maintenance, Course sets for each discipline. In charge of multiple crews on

simultaneous projects throughout the duration of the events.

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Director of Strength and Conditioning Apr 2005 to Apr 2010

Company Name 1/4 City , State

- Responsible for the Concept, Design and Execution of the first dedicated Strength and Conditioning Program for Ski and Snowboard Club Vail.
- Startup Facility Responsibilities include, but not limited to: Facility procurement and design, Building of Strategic Partnerships for procurement of equipment and technology through fund-raising and sponsorship initiatives.
- Position Responsibilities include, but not limited to Strength and Conditioning Program Designs for all 5 disciplines of Snow Sport at SSCV, Facility Scheduling for Team and Individual Training, Budgetary Oversight, Injury Management through Strategic Partnerships, Recruitment and Hiring of Key Staff positions, Athlete Testing and Data Compilation for Presentation and Review and Annual Athletic Periodization Planning and Execution.
- Annual Sub-Contract by the FIS through SSCV to oversee all safety systems, surfacemanagement and course sets for the FIS World Cup and FIS World Championships at Beaver Creek, Colorado. Duties include but are not limited to: Design of Safety Systems including A and B-net systems, Racecourse surface preparation and maintenance, Course sets for each discipline. In charge of multiple crews on simultaneous projects throughout the duration of the events.

Head Strength and Conditioning Coach/Assistant Alpine Coach Apr 2001 to May 2004

Company Name 1/4 City , State

- Head Strength and Conditioning Coach/Assistant Alpine Coach United States Disabled/Paralympic Ski Team Designed, implemented and coached discipline specific strength and conditioning programs for elite World Cup and Paralympic athletes.
- Compiled data and kept records to track progress of athletes.
- Coordinated with USOC Sport Science programs to enhance performance of athletes.
- Coordinated with Howard Head Sport Medicine, Vail, CO. to enhance testing of athletes.
- Supervised and mentored of all coaches individual programs.
- Presented information to PSIA and USSCA coaches on strength and conditioning for disabled athletes.
- Responsible for the on-hill training environment that including safety systems setup, course-setting, timing and video capture and analysis.
- On-hill coaching of athletes to improve performance for training and racing.
- Athletic management of each athlete individually to ensure proper training time, start management and qualification.
- Coordinated sponsorship and purchase plans between athletes and equipment manufacturers.
- Maintained and designed specific equipment based on athletes individual disabilities.
- Designed, set-up and managed events including National elite FIS disabled ski races and International World Cup disabled alpine ski races.

Educational Background

EXOS Performance Certification (XPS) 2017 EXOS (Formerly Athletes Performance) 1/4 City , State , USA Successful Completion of EXOS Online Performance Certification

Registered Strength and Conditioning Coach Certification with Distinction 2016 National Strength and Conditioning Association 1/4 City , State , USA

Successful Completion of Requirements for NSCA - RSCC*D (with Distinction) for 10 year Industry Professionals with References

Registered Strength and Conditioning Coach Certification 2011 National Strength and Conditioning Association 1/4 City , State , USA

Successful Completion of Requirements for NSCA - RSCC for 5 year Industry Professionals Certification

Level IV Mentorship , Sport Performance 2010 EXOS (Formerly Athlete's Performance) 1/4 City , State , USA

Successful Completion of First-Ever Class, Level IV AP Performance Mentorship

Certified Strength and Conditioning Specialist with Distinction 2009 National Strength and Conditioning Association 1/4 City , State , USA

Successful Completion of Requirements for NSCA - CSCS*D (with Distinction)

Level III Mentorship , Sport Performance 2007 EXOS (Formerly Athlete's Performance) 1/4 City , State , USA

Successful Completion of Level III AP Performance Mentorship

Level II Mentorship , Sport Performance 2006 EXOS (Formerly Athlete's Performance) 1/4 City , State , USA

Successful Completion of Level II AP Performance Mentorship

Certified Strength and Conditioning Specialist 2006 National Strength and Conditioning Association 1/4 City , State , USA

Successful Completion of NSCA - CSCS Certification

Level I Mentorship , Sport Performance 2005 EXOS (Formerly Athlete's Performance) 1/4 City , State , USA

Successful Completion of Level I AP Performance Mentorship

Intern/Collaboration , Sport Performance 2000 United States Olympic Committee 1/4 City , State , USA

Intern and Collaboration with USOC Sport Science with Paralympic Athletes in testing and evaluation for Sport Performance.

Levels 1+2 USSA Sport Science Certification , Sport Science 1998 United States Ski and Snowboard Association 1/4 City , State , USA

Successful Completion of USSA Sport Science Levels 1+2

Alpine Coach Certifications 1996 United States Ski and Snowboard Association 1/4 City , State , USA

Completion of USSA Alpine Coaching Levels 1+2

Bachelor of Arts , English/Communications 1992 New England College 1/4 City , State , USA

- 4-Year Member of the New England College NCAA D-1 Alpine Ski Team
- 4-Year Member of the New England College MCLA Men's Club Lacrosse Team

Affiliations

- Ski and Snowboard Club Vail - Director of Human Performance, Director of the Minturn Fitness Center and Director of Education for part and full time on-site staff (124+ staff members annually)Â
- EXOS (Formerly Athlete's Performance) - XPS, Level IV AP MentorÂ
- NSCA CSCS*D RSCC*D - Former Colorado State Program Director and Present Performance Consultant and Presenter and Regional, National and International Clinics and Conferences.
- KEISER Performance Consultant - Present Strategic Partnership with Keiser Corporation Consulting and Presenting on Equipment Usage and Program Design at National and International Conferences.
- USSA Level 2 Alpine Coach, Level 2 Sport Science Coach and Level 2 Referee - Presently Consult, Present and Collaborate on Strength and Conditioning Performance and Education Programming for Junior and Elite Snow Sports Athletes with USSA Center of Excellence Staff.

Speaking Engagements

- Featured Speaker: Keiser Power Summit - Toronto Feb 2015
- "Block Power Training for Olympic Success"
- Featured Speaker: Fortius Power Summit - Vancouver Feb 2015
- "Periodization for Power Performance"
- Keynote Speaker: Keiser Performance Summit - CA Jan 2015
- "Utilization of Power Training for Performance"
- Featured Speaker: NFL Combine - ID Feb 2014
- "Block Power Training for Olympic Success"
- Featured Speaker: USSA Congress - UT May 2011
- "Performance Training for Club Programs"
- Featured Speaker: NSCA Colorado State Clinic - CO June 2010
- "Power in Young Athletes"
- Featured Speaker: NSCA Arizona State Clinic - AZ Oct 2009
- "Periodization Strategies for Power"
- Featured Speaker: Denver University Sport Performance Jun 2008
- "FMS: Why, Where and How" FMS: Corrective Exercise Strategies"
- Keynote speaker: PSIA Adaptive Copper Mt. Fall Clinics Oct 2004
- "Building Strength and Conditioning Programming for the Paralympic Athlete"

Skills

- High-Level Strategic Alliance skills including but not limited to: Networking, Collaboration, Sponsorship and Partnerships.
- High-Level Leadership Skills including but not limited to: Recruiting and Hiring of Best-in-Industry Staff, Direction and Education of Staff, Problem-Solving and Evaluation of Staff.
- Technology Usage at all levels with concentration in Sport Performance Technology, Testing and Evaluation Technology and MAC and Windows based programming.

