

Fitness Coach (personal soccer) (CT)

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Location **Connecticut**
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Hello,

I am a fitness and performance coach. I work with individuals, groups and sports teams to improve speed cardio and in certain sports technique (Soccer) I played at IMG Academy and was a member of the 2002 UCLA National Soccer Championship Team. My passion is fitness. I enjoy helping people change their lifestyles and preparing athletes for their sports season. If you are interested please contact me.

Ask about Futsal and Winter Locations in CT!

Trainer Bio:











- Â• Former UCLA Soccer Player
- Â• Current College Soccer Coach
- Â• 13 years as a Personal Soccer/Fitness Trainer
- Â• U.S. National C Coaching License
- Â• NSCAA Director of Coaching Diploma
- Â• U.S Track and Field Level 1 Coaching Certification
- Â• U.S. Track and Field Level 2 Coaching Certification (in progress)
- Â• TRX Suspension Training Certification
- Â• TRX Group Training Certification

Personal Training Results:

- Increase in speed with and without the ball
- Increase in endurance
- Improved technical skill
- Improved Agility and Flexibility
- Improved consistency

If you have any questions. I can create workouts in gyms, parks or homes. I look forward to hearing from you.

E-mail for location and rate!!!!

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