

Formal & Continuing Education

OPEX - Coaching Certification Program Level I - Associate Coach

Exercise Physiology and Assessment - *James Fitzgerald*
 Exercise Physiology and Program Design - *James Fitzgerald*
 Lifestyle Coaching - *Bernie Novokowsky & James Fitzgerald*
 Business Systems - *Sean Greeley & James Fitzgerald*
 Nutrition - *Dr. Matt Lalonde Ph.D & James Fitzgerald*

OPEX - Coaching Certification Program Level II - Advanced Coach

Exercise Physiology and Assessment - *James FitzGerald*
 Exercise Physiology and Program Design - *James Fitzgerald*
 Nutrition - *Dr. Dick Thom DDS. ND & Dr. Jeoff Drobot B.Sc., ND*
 Lifestyle Coaching - *James Fitzgerald*

PICP - Poliquin International Certification Program

PICP - Level 1 - *Charles Poliquin - Andre Benoit & Derek Woodske*
 PICP - Level 2 - *Charles Poliquin - Andre Benoit & Ryan Faehnle*

PRI - Postural Restoration Institute

Myokinematic - *James Anderson, MPT, PRC*
 Postural - *James Anderson, MPT, PRC*
 Impingement and Instability - *James Anderson, MPT, PRC*

FRC - Functional Range Conditioning

FRCms Seminar - *Dr. Andreo A. Spina B. Kin, DC, FCCSS(C), D.Ac, FRCms*

CP - Cressey Performance

Shoulder Assessment, Corrective Exercise and Programming - *Seattle 2013*

Other Poliquin Education

Bio-Signature Modulation - *Charles Poliquin*
 Energy System Training - *Yves Nedeau*
 PIMST - Poliquin Instant Muscle Strengthening Technique - *Charles Poliquin*
 Bio-Signature Conference - *Charles Poliquin 2012*
 Bio-Signature Conference - *Charles Poliquin 2013*

FORMAL EDUCATION & Teaching Background

MM in Music Education from Eastman School of Music
 BM in Music Performance from University of Miami
 • 20+ Years of Private Instructor
 • 8 Years - Assistant Professor (*McNally Smith College of Music*)
 • 3 Years - Music Educator (*Maple Grove Senior High School*)

USAW Weightlifting Certifications

USA Weightlifting Senior Coach - *Leo Totten*
 USA Weightlifting Sport Performance Coach - *Ken Vick & Sean Waxman*

Other Weightlifting Education

Weightlifting Seminar - *Ivan Abadjiev*
 Coached Weightlifting Seminars with USAW International Coach *Brian Derwin*
 Athlete Under - *Coach Brian Derwin 1980 Olympian*

Strength and Conditioning Seminars

Clinical Companion to FixYourOwnBack.com - *Dr. Phillip Snell D.C.*
 Powerlifting Clinic - *Chad Wesley Smith & Marisa Inda*
 Conditioning Blueprint - *Joel Jamieson*
 Exercise Selection - *James Fitzgerald*
 Program Design Practical - *Max ElHag*
 Eleiko/Poliquin Strength Summit - *2011*
 Midwest Performance Seminar - *Mike Robertson 2014*
 Free + Style - *Carl Paoli*

The Demartini Method - Behavioral Specialist

The Breakthrough Experience - *Dr. John Demartini*

The American Center for Biological Medicine

Vital Nutrition - *Dr. Dick Thom DDS. ND & Dr. Jeoff Drobot B.Sc., ND*
 Endocrinology - *Dr. Dick Thom DDS. ND & Dr. Jeoff Drobot B.Sc., ND*

FMS - Functional Movement Screen

FMS Level 1 - *Brett Jones, Master RKC, CSCS, CK-FMS*
 FMS Level 2 - *Brett Jones, Master RKC, CSCS, CK-FMS*

CROSSFIT CERTIFICATIONS

CrossFit Level 1 (*Fall 2007*)
 CrossFit Level 2 (*Fall 2008*)
 CrossFit Barbell - *Mark Rippetoe*
 CrossFit Olympic Lifting - *Mike Burgener*
 CrossFit Kettlebell - *Jeff Martone*
 CrossFit Gymnastics - *Jeff Tucker*
 CrossFit Mobility - *Kelly Starrett*
 CrossFit Endurance Running - *Nuno Costa*

In Progress

PN - Precision Nutrition Level 1
 FDN - Functional Diagnostic Nutrition
 KSI - King Sports International - Level 1