



East Coast Conditioning

Sports Performance Training

Introducing the 2009 ECC Trainers & Coaches

As a professional Sports Performance Training organization we commit to providing our aspiring and accomplished athletes the most experienced trainers and coaches, who have all played and trained at the highest collegiate and professional levels.

We find the experience and knowledge our trainers offer – learned while achieving their own athletic accomplishments – directly impacts our ECC athletes and gives them something extra to aspire to.

Outstanding athletes don't always make the best coaches and trainers. This is a critical consideration in selecting our ECC team. It takes a special commitment, experience and dedication to developing others. We are pleased to introduce our team.

Bryan Healy, President of East Coast Conditioning Sports Performance Training

- National Fitness Director for Entrepreneurs Magazine's "Fastest Growing Fitness Franchise" and featured by ESPN, Fox News, ABC, MSNBC, and The New York Times
- Division I Soccer Scholarship to the University of Delaware
- Certified Strength Coach / Trainer

Jim Coleman, Director of Baseball / Softball Operations

- Canadian American Professional Baseball League – Brockton Rox
- 4 year starter at NCAA Post University (offensive record holder)

John Dennis, Baseball / Softball Trainer

- 3 year starting catcher at Monmouth University (Division 1)
- Participated in numerous MLB teams pre season workouts including
 - NY Mets
 - Chicago White Sox
 - Milwaukee Brewers

Karen Kolmos, Director of Athletics

- Selected and member of All-American Travel Team by Fast Pitch Magazine ('96)
- Division I Softball Scholarship recipient to St. Peter's College (pitching / hitting)

Kevin Loalbo, Strength and Conditioning Coach

- Strength and Conditioning Degree, Montclair State University
- Athlete of the Year / Clark '06. Soccer, Basketball & Baseball

Lacey Santone, Baseball / Softball Trainer

- Division I Softball Scholarship to Wagner University
- Active Shortstop at William Patterson University

Mandy Schenck, Senior Pitching and Hitting Trainer

- NCAA All-American / College of New Jersey
- NCAA First Team Collegiate All Region

Jerry Sidman, Baseball / Softball Trainer

- Head baseball instructor for NY Mets Baseball Academy
- Associate head baseball coach at Baruck College
- 4 year starting center fielder at John Jay College

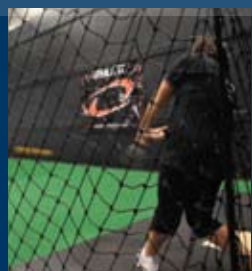
Kelly Wise, CSCS, Certified Strength & Conditioning Specialist

Kelly has conducted, developed, and trained strength and conditioning programs for:

- Villanova University
- University of Delaware
- Manhattanville College
- Princeton University



ECC SPORTS PERFORMANCE TRAINING SPECIALIZES IN
BASEBALL – SOFTBALL – SOCCER – LACROSSE – FOOTBALL – STRENGTH AND CONDITIONING



where athletes train

East Coast Conditioning SportsPlex 216 Tingley Lane, Edison, NJ 08820 • (908) 756-6868 • www.eastcoastconditioning.com
East Coast Conditioning Athletic Training Center 1085 Raritan Rd, Clark NJ 07066 • (732) 381-9376 • www.eastcoastconditioning.com