

Jared O'Connor

NSCA Certified Personal Trainer

zenithfit@gmail.com

(518) 424-4292

Background

I joined the track and field team at my high school my freshman year and found my niche with pole vault. During my high school career I set the Indoor New York State Pole Vault Record and earned All-American honors. Upon graduation I began my NCAA career at the University of North Carolina. To further pursue my athletic goals, I decided to transfer to the University of Washington where I excelled under new coaching and fine tuned training. After working hard and battling injury I finished second at 2008 NCAA Outdoor Championships earning All-Academic & All-American honors. In 2009, after a season of consistent successes I went on to become an NCAA finalist. Now that my college career has ended I am looking forward to competing on the professional circuit as an up and coming elite U.S. pole vaulter.

Certifications

- NSCA Certified Personal Trainer, September 2009
- First Aid, CPR & AED Certifications, CPR Seattle, July 2009

Education

- B.S., Forest Resources, major in Environmental Science and Resource Management, minor Environmental Studies, University of Washington, Seattle, WA

Training Philosophy

Over the tenure of my athletic career I have adapted my training methods in accordance to injuries, imbalances and weaknesses to maintain my health and improve my athleticism and fitness. In the same fashion, I motivate my clients to maintain a healthy lifestyle and strive for functional goals that improve physical and mental wellness. My individualized training program will assist you in becoming more efficient in your life. Inefficiencies can range from a lack of confidence in the work place due to poor self image, to not being able to meet physical demands of daily life, training and/or competition. It is my job to invest in your wellness and work with you to achieve results. Please do not let who you are now be a deterrent of who you can be with a structured plan and a willingness to work hard. Feel free to call or e-mail me if you have questions, would like to set up an appointment or just chat about how personal training fits into your life.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.