

AJ Mealing, CSCS

Elevate Performance Trainer



I grew up in West Ashley and later moved to Graniteville, where I played baseball and football at Midland Valley High School. I continued to play baseball at Erskine College where I majored in Health Science and worked as a student athletic trainer, gaining hands-on experience in injury prevention and rehabilitation. After graduating, I decided to play football again and walked on at North Greenville University. To my surprise, the NCAA denied my graduate transfer status and I had to pivot.

I moved to Atlanta, GA to work with the Fellowship of Christian Athletes (FCA) at Georgia Tech. I served as the team chaplain for both the football and baseball teams and also provided guidance and support to athletes and coaches on all other teams as they navigated their sports and lives. Here, I learned a lot and developed many great relationships.

The opportunity to play football again eventually came back around. My wife, Jessi, and I moved to Germany in April 2024 where I played professional football for the Potsdam Royals.

As a coach with Elevate, I'm excited to combine my unique experiences with my passion for training and player development to help our athletes reach their full potential on and off the field.