



ANDRE CRIER

Asst. Director of Performance

Velocity Sports Performance - Westchester

CREDENTIALS

International Sports Medicine Association (AAAI/ ISMA)

- Certified Performance Trainer (CPT 2012)

National Sports Performance Association (NSPA)

- Speed & Agility Coach (CSAC)

Mike Boyle's CFSC

- Certified Functional Strength Coach – Level 1 (CFSC)

Lincoln University (HBCU) Old Dominion University William Carey University

- BS in Physical Education (2011)

EDUCATION & CAREER RECAP

Andre Crier hails from Northern Virginia by way of Yonkers, New York. He went to Woodbridge High School where he thrived as a four-year starter on the football team and a two-year starter on the baseball team.

After high school, Andre attended Lincoln University (HBCU), where he competed as a multi-sport athlete on the football and baseball teams. Andre went on to finish his baseball career at Old Dominion University. Andre received his bachelor's degree in physical education from William Carey University in 2011.

Andre has been a certified strength and conditioning coach since 2012. Andre is credentialed in Performance Training through AAAI/ISMA, Speed and Agility through CSAC, and Functional Movement through Mike Boyle's CFSC program. Throughout his nine years in the industry, Andre has worked with athletes of all ages and sports ~ from eight years old to professional athletes, general population adults, and celebrity recording artists. He also spent time guiding youth athletes as a baseball and football coach at the high school level.

Andre's athletic coaching and professional background has earned him extensive experience designing and implementing individual and group-based training programs. He is passionate about fitness and committed to improving the health and well-being of all the athletes he encounters.

Andre's coaching philosophy in training is to "do no harm", an injured athlete is an athlete cannot benefit from the joy of preparation and competition through sports.

Two Claps - Let's Eat!

CONTACT

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