



JORDAN BLED SOE

Owner/ Director of Performance

Velocity Sports Performance - Westchester

CREDENTIALS

National Academy of Sports Medicine (NASM)

- Certified Performance Trainer (2011)
- Corrective Exercise Specialist (2013)
- Golf Fitness Specialist (2015)
- Youth Exercise Specialist (2017)
- Speed/ Agility/ Quickness Specialist (2020)
- Mental Toughness Specialist (2020)
- Performance Hydration Specialist (2020)
- Performance Enhancement Specialist (2022)

Titleist Performance Institute (TPI)

- Body/ Swing Connection L1 (2019)

Hyperlice

- Hypervolt SMR & Vibration Therapy L1 (2020)
- Hypervolt Movement Enhancement Specialist (2020)

CONTACT

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EDUCATION & CAREER RECAP

Jordan Bledsoe is the Owner and Director of Performance at Velocity Sports Performance – Westchester. He is credentialed through the National Academy of Sports Medicine with specializations in Corrective Exercise, Performance Enhancement, Golf Performance, Youth Exercise, Speed/Agility/Quickness, Mental Toughness, Performance Hydration, SMR & Vibration Therapies.

A native of Dutchess County, NY, Bledsoe attended Our Lady of Lourdes High School in Poughkeepsie, where he played Football and Basketball in New York's Section 1 Class A. He was inducted into the Lourdes Athletic Hall of Fame in 2022. Jordan went on to attend Fordham University (FCRH '11) in the Bronx, where he earned 4 varsity letters as a member of the Rams' football program, serving as team captain and earning All-Patriot League honors at Defensive Line in the '09/'10 campaigns.

After graduating, Jordan joined the Sports Performance staff at the same training facility he had attended as a high school athlete, where he remained until 2019. He gained valuable experience working with athletes at every level, from youth development to professional offseason programs, and adult lifestyle athletes. Jordan's dedication to continuous learning has led him to study performance techniques across the country, including time with the staff at the University of Texas – Austin, Penn State, Duke, UNC Chapel Hill, Salisbury, UMass Lowell, NYU, and Fordham. His diverse certifications allow him to work with athletes in 45 sports across all levels of development.

In 2019, Jordan became a partner at Velocity Sports Performance – Westchester, taking on the role of Director of Sports Performance. His leadership has fostered a team training culture, exceptional attention to detail, and a system designed not only to improve athletic fitness but also to instill values that promote lifelong success. Under his guidance, VSP Westchester has expanded to five locations across Hawthorne, Armonk, Yorktown, Mamaroneck, and Fishkill, NY, with a staff of 15+ coaches.

In addition to his professional accomplishments, Jordan volunteers with the Wappingers Warriors Youth Lacrosse organization, contributing his expertise to help young athletes thrive. He was also honored in 2024 as a recipient of the prestigious 40 Under 40 award, recognizing his contributions to both sports performance and the community.

Velocity Sports Performance – Westchester has become the premier destination for performance training in Westchester, Putnam, and Southern Connecticut, positioning itself as a leader in New York Sports Performance under Jordan's direction.