



JOSH BRYANT

Sports Performance Coach

Velocity Sports Performance - Westchester

CREDENTIALS

National Academy of Sports Medicine

- Certified Performance Trainer (2023)

University of Connecticut

- B.A. Crime, Law & Justice (2022)

John Jay College

- M.Sc. Emergency Management (2023)

Coaching Career

- Newburgh Armory Unity Center Lead Swim Instructor - (2018-present)
- Newburgh Sharks Swim Club (2022- present)
- Hudson Valley Learn to Swim Instructor (2023 - present)
- UConn Women's Swim Team - (2022)
- STORRS Aquatics Swim Club Coach (2022)

EDUCATION & CAREER RECAP

Josh comes to Velocity Sports Performance - Westchester as a Sports Performance Coach with a lifetime of elite performance experience. Josh is an Orange County native, having graduated from Newburgh Free Academy in Newburgh, NY. He was awarded Section 9's Most Outstanding Swimmer Award two years in a row ('17 & '18) and the Section 9 Sportsmanship Award in 2018. Josh continues to hold multiple school records in the 50 freestyle, 100 breaststroke, 200 medley relay and the Section 9 record in the breaststroke.

His accomplishments in the pool and passion for the weightroom (Josh trained with Coach Jordan through middle & high school) earned him recruitment by the University of Connecticut Huskies.

Josh continued to excel in swimming and eventually became a team captain as a Junior. Josh began his coaching career, spreading his knowledge and passion for the sport as the UConn women's team manager/ volunteer coach. While pursuing his Master's degree, Josh co-founded a learn to swim program in his hometown of Newburgh, NY. In addition to being the assistant manager and lead swim instructor Josh found himself leading dry land programming and performance sessions in and out of the water.

Josh enrolled in his Master's program at John Jay College of Criminal Justice in 2022, studying Emergency Management. Josh's success was a product of his drive and competitiveness to be the best at his sport. He looks to join the Velocity Team and give back to the young athletes, helping them find their purpose and inner drive that pushes them past their limits ~ physically, mentally & emotionally.

CONTACT

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