



MICHAEL DONNELLY

Sports Performance Coach

Velocity Sports Performance - Westchester

EDUCATION & CAREER RECAP

CREDENTIALS

National Strength and Conditioning Association (NSCA)

- Certified Strength and Conditioning Specialist (2017)

EXOS

- EXOS Performance Specialist (2019)

NYS Board of Professional Licensing

- Licensed Physical Therapist (2019)

CONTACT

OFFICE:
914.592.3278

WEBSITE:
Velocitywestchester.com

EMAIL:
info@velocitywestchester.com

SOCIAL:
@VSPWestchester

Mike Donnelly is a Performance Coach at Velocity Sports Performance - Westchester. Credentialed through the National Strength and Conditioning Association (NSCA). Mike is a native of Dutchess County, NY, where he played soccer and basketball at Our Lady of Lourdes High School. Mike starred as a member of the 2013 NYS Section 1 Champion basketball team and earned All-State honors during his senior season.

Mike went on to receive his B.S. in Health Science Studies from Quinnipiac University in Hamden, Connecticut. He then remained in Hamden for his graduate education, earning his Doctorate of Physical Therapy in 2019. In addition to his clinical background in orthopedic and sports rehabilitation, Mike previously worked as a performance coach in Westchester County and has served as a physical therapist for the Marist College Department of Athletics.

Mike has experience working with youth, collegiate, and professional athletes in both rehabilitation and sports performance settings. Mike brings an exceptional resume of experience in the fields of sport science and his specific skillsets is an asset to every athlete that passes through the doors of Velocity Sports Performance - Westchester.