



DANIEL FAISON III

Owner/ Director of Development

Velocity Sports Performance - Westchester

EDUCATION & CAREER RECAP

CREDENTIALS

National Academy of Sports Medicine (NASM)

- Certified Performance Trainer (2014)
- Corrective Exercise Specialist (2016)
- Women's Fitness Specialist (2017)
- Performance Enhancement Specialist (2019)
- Certified Nutrition Specialist (2020)

NYS Board of Professional Licensing

- Licensed Massage Therapist (2017)

Equinox

- Professional Tier 3+ Trainer (2019)

CONTACT

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Daniel Faison is an owner and the Director of Development at Velocity Sports Performance- Westchester.

A native of Dutchess County, NY where we attended Roy C. Ketcham High School in Wappinger Falls, Dan earned varsity letters in football, basketball and baseball.

Daniel attended Marist College in Poughkeepsie, New York and earned 3 varsity letters as a member of the Red Fox Football Program. After graduation, Daniel was hired to the Sports Performance staff at the small training facility he attended as a high school athlete. Daniel remained part of that organization into 2019 and contributed to the growth of the company, nationwide. In his 9 years as a performance trainer, Daniel impacted thousands of athletes from Dutchess, Ulster, Orange, Putnam and Westchester County, NY as well as Tampa, Florida.

Daniel has expanded his skills & knowledge working with athletes ranging from youth development, high school sport specific, post-injury correctives, professional athlete offseason programs, college athlete break periods as well as adult lifestyle athletes. In 2015 he returned to academia earning his degree as a Licensed Massage Therapist in New York State.

Daniel has been a part of the Velocity Sports Performance since 2019, coming a partner in 2021. In 2020 he took the title of Director of Development, in charge of the continued development of our training protocols, member experience and the logistics of expansion to new facilities. His extensive experience in the field and ability to connect with athletes, makes Daniel an invaluable asset to the Velocity Sports Performance team.