



MATT JOHNSON

Sports Performance Coach

Velocity Sports Performance - Westchester & Dutchess

EDUCATION & CAREER RECAP

CREDENTIALS

National Academy of Sports Medicine (NASM)

- Certified Performance Trainer (2023)
- Certified Nutrition Specialist (2023)

Active Life

- Immersion Course for Coaches (2021)

Pennsylvania College of Technology

- B.Sc. (2021)

Matthew Johnson, a dedicated sports performance coach, hails from Newburgh, NY. A standout athlete at Newburgh Free Academy, he competed on the Varsity Swim Team from 7th to 12th grade, serving as co-captain in his junior and senior years while proudly holding the school record for the 200M Medley Relay.

During his college years, Matthew redirected his passion from metalworking and welding to fitness and training programming. Recognizing his growing enthusiasm for health, he pursued certifications as a NASM personal trainer and nutrition coach, paving the way for his career in the fitness industry.

At Velocity, Matthew aims to inspire young athletes to embrace hard work and strive to become the ultimate versions of themselves. Leveraging his personal athletic background, extensive fitness knowledge, and unwavering determination, he is committed to helping athletes fall in love with the journey of self-improvement and excellence.

CONTACT

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