



JADON MUNROE

Sports Performance Coach

Velocity Sports Performance - Westchester & Dutchess

CREDENTIALS

National Academy of Sports Medicine (NASM)

- Certified Performance Trainer (2024)
- Performance Enhancement Specialist (2024)
- Precision Nutrition (2024)

Wagner College

- B.S. Business Management (2023)

Coaching Career

- Newburgh Girls Flag Football Coach (2023-present)
- Newburgh Goldbacks D3 Youth Coach (2023- present)

EDUCATION & CAREER RECAP

Jadon Munroe is a passionate and dedicated sports performance coach at Velocity Sports Performance, proudly representing his hometown of Newburgh, NY. With a solid academic foundation, Jadon earned his Bachelor's degree in Business Management from Wagner College, where he made a significant impact on the field as a running back. His athletic journey began at Newburgh Free Academy, where he honed his skills and developed a deep love for the game.

Throughout his playing career, Jadon exhibited determination and leadership, qualities that now inform his coaching philosophy. Currently, he serves as the assistant coach for the girls varsity flag football team and the Division 3 youth Goldbacks. In these roles, he focuses on developing athletes not only in their technical skills but also in their mental resilience and teamwork, emphasizing the importance of a holistic approach to sports performance.

Jadon's connection to Velocity Sports Performance is especially meaningful; he began training with Coach Jordan at the age of 10, which laid the foundation for his athletic development. This relationship has come full circle as Jadon now collaborates with Coach Jordan and the Velocity team to inspire and elevate the next generation of athletes.

Currently pursuing continuing education through NASM certification, Jadon is committed to expanding his knowledge in sports science and training methodologies. His dedication to continuous learning ensures that he provides his athletes with the most effective and up-to-date training strategies. Outside of coaching, Jadon is passionate about giving back to the community that shaped him. He believes in fostering a positive and inclusive environment where young athletes can thrive both on and off the field. With his blend of personal experience, academic background, and ongoing professional development, Jadon is poised to make a lasting impact at Velocity Sports Performance and beyond.

Contact

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