

CHAMPIONSHIPS ARE WON IN THE OFFSEASON

Winning the offseason is exactly what we strive to do at Six1Five. We help athletes reach their highest level of performance so they can win championships. Our Speed & Agility Training and Strength Training programs are designed and implemented by coaches that have participated in and been around training at the collegiate level and know what it takes to succeed. Our classes exist to help each athlete improve technique, increase speed and power and become more agile. We help athletes gain the edge on their competition!

Meet the Coach

Kevin Fitzgerald is the Owner and President of Six1Five Sports Training. Coach Fitz has been a Strength and Conditioning Coach for over 25 years including serving as a Collegiate Strength & Conditioning Coach for over 10 years at Florida State University, University of Notre Dame, and Vanderbilt University. As the Head Assistant Strength & Conditioning Coach at FSU, he was responsible for working with the Seminole football, baseball, and softball teams, and the organization and execution of their NFL Pro-Days (Combines). At Vanderbilt, he was in charge of the men's basketball, soccer, track and field, soccer, tennis, golf, and cross country teams, while assisting football. He also spent time working with the football, baseball, hockey, softball, swimming and diving, tennis, and track/cross country at Notre Dame. Coach Fitz has worked with a number of professional athletes in the NFL, MLB, and NBA.

SIX1FIVE SPORTS TRAINING

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