



DR. JASON D. VESCOVI
CLASS OF 1992

Dr. Jason Vescovi graduated from Point Pleasant Boro High School in 1992. As a student-athlete, he was a varsity letter winner and starter on the football, wrestling, and track teams. He was selected to play in the Ocean-Monmouth football game as a senior and helped the wrestling team win a District and Division Championship while also earning an individual District title (160 lbs). In addition to athletics, Jason fondly recalls performing in a few talent shows, including Mr. Point High. He was also included in Who's Who Among American High School Students (1990-91).

After graduating from Pt. Boro, Jason attended James Madison University (B.S., Physical Education) and subsequently earned graduate degrees at The George Washington University (M.S., Exercise Science) as well as the University of Connecticut (Ph.D., Exercise Physiology – full scholarship). He then moved to Canada to continue his academic/research training with Postdoctoral Fellowships at the University of Toronto and York University, which were funded by the Canadian Institutes of Health Research with nearly \$200,000 in grants. During this time, he led and managed laboratory-based research studies that examined various integrative aspects of human physiology and health.

Since 2009 Jason has worked for several Canadian National (Olympic) Sport Organizations, providing innovative sport science solutions to world-class athletes. His work has enabled him to travel to dozens of countries on five continents. Jason has supported athletes during the past three Summer and Winter Olympic Games (2014, 2016, 2018), resulting in several Olympic medalists and World Championship titles and is helping several athletes prepare for Tokyo 2020. He has contributed to his field with over 50 publications in scientific journals, several book chapters to his credit and in 2018 published a book entitled, *The Science of Figure Skating*. Currently, Jason is the Chief Sports Science Advisor for an online health innovation platform for athletes and continues to conduct applied, sports-related research through his appointment in the Graduate School of Exercise Science at the University of Toronto.

To date, Jason's most gratifying achievement has been raising his daughter, Gabi, with his wife, Mercedes. They have lived in Toronto for nearly 13 years and became Canadian citizens in 2018. However, they return to the Jersey Shore every summer to visit Jason's parents, Jim and Anne Vescovi, his sister and brother-in-law (Melissa and Jay Fornoro), nephews (Nicky, Joey, and Anthony), and extended family. This way Gabi will continue to experience some of the best aspects of New Jersey...Jenkinson's Boardwalk, Hoffman's Ice Cream, and Jersey Mike's Subs!