**Kevin T. Cleary**

**22 Indian Hill Lane**

**Sandy Hook, CT 06482-1169**

**(203) 313-9022**

**CoachCleary@aol.com**

**Qualifications:**  National speaker and consultant on dynamic flexibility, strength & speed training and fitness.  
Delivered seminars on Personal Fitness Training in: Dallas, Houston, St. Louis, Chicago, Boston and Connecticut.  
Appeared on: "American Gladiators", America's Health Network, and cable networks in CT, NY and Florida.  
Contributed to: Fitness magazine, Tennis Industry, Muscle and Fitness, national and local publications.  
The only civilian in Connecticut certified to administer preliminary physical fitness tests for males/females interested in becoming policemen or firemen.

Coached/Trains male and female, High School, College and professional athletes.

Athletes honors include: All-American, All-New England, All-State, All-Area, and All-Conference.

In the following male/female sports: basketball, football, baseball, Softball, tennis, wrestling, soccer, swimming, lacrosse, field hockey and track & field.

Selected to National Strength and Conditioning Association Membership Committee

Selected to participate in multiple NSCA Leadership Conferences

Selected to the National Strength and Conditioning Association Nominating Committee

Selected Chairman National Strength and Conditioning Association Nominating Committee (two terms)

Selected to be the NSCA’s State Director for Connecticut (term expired)

Presented at numerous clinics and conferences on topics such as “Speed and agility” & “Sports performance“.

Recipient of the “President’s” Award for service from the National Strength and Conditioning Association

**Education:** B.S. in Physical Education from Southern Connecticut University  
 M.S. Organizational Leadership from Quinnipiac University

“Grant seeking for Nonprofit Organizations & Proposal Writing: The Comprehensive Course”

Certified Strength and Conditioning Specialist with Distinction by N.S.C.A.  
 United States of America Weightlifting Federation Sports Performance Coach

Attends Bi-yearly Health/Fitness & Strength/Conditioning workshops, clinics or conferences

**Licenses, Certificates & Affiliations:** National Strength and Conditioning Association - Certified Strength and Conditioning Specialist D\*  
 USA Weightlifting Federation

Connecticut State Certified Physical Education Teacher

Connecticut State 5 year Coaching Certification

Certified Sports Performance Coach with United States Weightlifting Federation

Certified TRX Group training

CrossFit Trainer (CF-L1) (Expired)

EX- Sports Agent for: NBA, FIBA, CBA, CFL, AFL, MLB, NFL\*(\*Agent Advisor)

CPR/First Aid

**Work History:** Owner, Horizon Fitness Center (1985-1997)  
 Wrestling Assistant Coach, Bethel High School, (1985-1991)  
 Founder and President of One to One Fitness, Inc Personal Training Company (1988 – 2012)

Research Assistant at Yale University (1997-2001) Compared work capacity males/females using MRI technology

Football Assistant Coach, Bethel Pop Warner (1999-2001)  
 Strength & Conditioning Coach, Weston High School (2000-2003)

Football Assistant Coach, Weston High School (2001 - 2003)

Football Assistant Coach, Defensive Coordinator, Joel Barlow High School (2003 - 2005)

Football Assistant Coach, Defensive Coordinator, New Fairfield High School (2005 - 2007)

Club New Fit, Fitness Director. Newtown, CT (2008 to 2009)

Club New Fit, Fitness Center. Personal trainer, Newtown, CT (2008 to 2011)

Moore Physical Therapy. Strength and Conditioning Coach, Wilton, CT (2008 - 2010)

Strength & Conditioning Coach, at Newtown Youth Academy (2011- 2017)

Director of Athlete Factory, LLC - Sports Performance Company (2012 – present)

Fitness Director, Newtown Youth Academy Newtown, Ct (2017)

Sports Performance Director, InSports Center Trumbull, CT (2017 – present)

Currently trains private clients in their homes and a variety of facilities throughout Fairfield County

30 years in the health and fitness field