



JOHN KALINOWSKI, MS CSCS CSAC

- MCCC Exercise Science Program Founder/Former Coordinator
- Kalinowski Performance Academy Owner/Head Coach
 - Personal Training, Group Training, Team Training, and Academy Prep
- **National High School Strength & Conditioning Association eastern PA Director**
- **Voice of “Coach Kal’s Corner” on WBCB’s “Head Games” radio show**
- **Head Strength & Conditioning Coach – NJ Flight (NAL)**
- 24 yrs experience in Health, Fitness, Wellness, and Athletic Performance
 - J&J HCS – Exercise Specialist and Co-Chair of the J&J PT program for NJ and Manhattan.
 - Self-Employed PT, Consultant, and Lecturer
 - Clients include NJDOC Special Operations Group, Fire, Police, and Military personnel (and those preparing for the academy), championship bodybuilders, cancer survivors, those with gastric restructuring, those diagnosed with diabetes, heart disease, high blood pressure, and Autism Spectrum Disorder, as well as those with back, knee, shoulder (and other muscle-skeletal) ailments.
- 24 yrs training youth to professional athletes and teams
 - Experience with **ALL** sports.
 - **Head Coach experience at the High School, Collegiate, Semi-Pro, and Pro levels.**
 - Coach(ed) at High School, JUCO, D3, D1, semi-professional and professional levels.
 - Athletes have represented 18 **NFL** teams, 11 **MLB** teams, 10 **semi-professional** teams, 3 **international professional** teams, 84 **colleges**, 3 Championship Bodybuilders, and 2 **MMA** fighters.
 - (2) **Philadelphia Catholic League Championships**, (2) **Collegiate National Championships**, (3) **Collegiate World Series appearances**, (13) Top 3 **Collegiate National Rankings**.
- **MS – Kinesiology from Georgia Southern University**
- **NSCA – Certified Strength & Conditioning Specialist**
- **NSPA – Certified Speed & Agility Coach**
- **Kettlebell Athletics – Certified Coach**
- **USC – Certified Coach**
- **ISC – Master Alternative Training Coach**

CONTACTS

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SOCIAL MEDIA

IG: TheCoachKal **TWITTER:** TheCoachKal **FB:** Kalinowski Performance Academy