



JOHN KALINOWSKI, MS CSCS CSAC

Kalinowski Performance Academy Owner/Head Coach

- Personal Training, Group Training, Team Training, Academy Prep, & Combine Training

MCCC Exercise Science Program Founder/Former Coordinator

National High School Strength & Conditioning Association Eastern PA Director

Voice of “Coach Kal’s Corner” on WBCB’s “Head Games” radio show

28 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/Teams have represented 18 NFL teams, 12 MLB teams, 6 **pro** Arena teams, 14 **semi-pro** teams, 3 **international pro** teams, 95 colleges, 3 Championship **Bodybuilders**, and 2 **MMA** fighters.
- (3) **Philadelphia Catholic League Championships**, (3) **Collegiate National Championships**, (4) **Collegiate World Series appearances**, (13) Top 3 **Collegiate National Rankings**.

30 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, Military, **FBI & NCIS** personnel, **championship bodybuilders**, **cancer survivors**, those with **gastric restructuring**, those diagnosed with **arthritis**, **diabetes**, **heart disease**, and **Spectrum Disorder**, as well as those that are **pregnant** and those with **back**, **knee**, **shoulder** (and other **muscle-skeletal**) ailments.

EDUCATION/CERTIFICATIONS

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

John, his family, and colleagues have been instrumental in raising thousands of dollars and regularly participating in events for:

AlphaBravo K-9, **American Heart Association**, **American Red Cross (911-01 Rock-n-Remember Event)**, **Bristol HS Basketball**, **CEC Baseball**, **Football & Lacrosse**, **Gravity Forge Gymnastics**, **Families Behind The Badge Children’s Foundation**, **HEADstrong Foundation**, **Hits from the Heart Foundation**, **Jimmy V Foundation (Yardley CC)**, **Kol Emet**, **Lady Falcons Elite**, **Levittown American Baseball**, **Levittown Continental Field of Dreams**, **Lower Bucks Lacrosse**, **Makefield Elementary PTO**, **Make-A-Wish**, **MCCC Pink Out**, **MCCC Athletics**, **Morrisville LL**, **Morrisville HS Football**, **Neshaminy Swimming**, **NJ Special Olympics**, **Pennsbury GEMS**, **Pennsbury HS – Boy’s Lacrosse**, **Cheerleading**, **Football**, **Field Hockey**, **Soccer**, **Softball**, & **Ultimate Frisbee**. **St. Baldrick’s**

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