

**HOMETOWN**

Fuquay-Varina, NC

EDUCATION

B.S. in Exercise Science from
Gardner-Webb University

CERTIFICATIONS

Certified Strength & Conditioning Specialist,
NSCA

AVAILABILITY

Monday-Friday 8am-12pm

SPECIALTY

Sport specific training for athletes,
event training for races, foundations
in weight training

MOTTO

Help me help you

FAVORITE EXERCISE

Hang Cleans and Bench Press

BIO

I swam 4 years at Gardner-Webb and graduated in 2022. I got my CSCS and I worked for a year at Charlotte Country Day School as a Graduate Assistant in Sports Performance where I worked with all high school sports teams, and middle school baseball. I got married in June 2023 and moved to Winston Salem where I currently work at Summit School as the Head Strength and Conditioning Coach.



YMCA Personal Trainer
DREW MINTZ