



XL Athletic Performance Staff



Jim Beversdorf, LAT, PES, CES, CSCS Team Facilitator, XL Athletic Performance

Education/Certifications

Major: Bachelor of Science, Exercise & Fitness Management, UW-Oshkosh (1998)

Minor: Athletic Training

National Athletic Trainers Association (NATA) - Licensed Athletic Trainer

National Academy of Sports Medicine (NASM) - Performance Enhancement Specialist/Corrective Exercise Specialist

National Strength & Conditioning Association (NSCA) - Certified Strength and Conditioning Specialist

Specializations

Movement Chain Assessment, Adult Populations, Return to Sport, Throwers Performance Training



Brandon Schlotthauer, MS, PES, CSCS Performance Coach/Personal Trainer

Education/Certifications

Major: Master of Science, Sports Administration, UW-La Crosse (2006)

Major: Bachelor of Science, Exercise and Sports Science-Fitness, UW-La Crosse (2005)

Concentrations: Strength & Conditioning/Coaching

National Academy of Sports Medicine (NASM) - Performance Enhancement Specialist

National Strength & Conditioning Association (NSCA) - Certified Strength & Conditioning Specialist

Specializations

Plyometric Training, Acceleration & Top Speed Training, Coaching Track & Field Athletes (Jumpers & Sprinters), Tennis, Olympic Movements, and Strength Training



Chase Emnott, PES, CES, CSCS Performance Coach/Personal Trainer

Education/Certifications

Major: Bachelor of Science, Business Administration, Michigan Tech University (2002)

National Academy of Sports Medicine (NASM) - Performance Enhancement Specialist/Corrective Exercise Specialist

National Strength & Conditioning Association (NSCA) - Certified Strength & Conditioning Specialist

Specializations

Collegiate Athlete Training, Football, Combine Preparation, Hockey, Olympic Movements, Strength Training



Nate Vandervest, CES, CSCS, Performance Coach/Personal Trainer

Education/Certifications

Major: Bachelor of Science, Human Biology/Exercise Science, UW-Green Bay (2003)

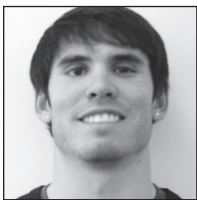
Academy of Sports Medicine (NASM) - Corrective Exercise Specialist

National Strength & Conditioning Association (NSCA) - Certified Strength & Conditioning Specialist

American Council on Exercise Certified Personal Trainer

Specializations

Endurance Athletes, Cross Country, Track Distance & Middle Distance, Hurdles, Adult Populations, Strength Training



Dan Hall, PES, CSCS Performance Coach/Personal Trainer

Education/Certifications

Major: Bachelor of Health Science, UW-La Crosse (2009)

Concentration: Strength and Conditioning

National Academy of Sports Medicine (NASM) - Performance Enhancement Specialist

National Strength and Conditioning Association (NSCA) - Certified Strength & Conditioning Specialist

Specializations

Football, Baseball, Basketball, Combine Preparation, Hockey, Olympic Movements, Strength Training

