

Ben Adolph, CSCS

- The Athletic Performance Academy

EDUCATION

- Illinois State University
- Aurora University ('05)
B.S. Health Science

Ben's mission as a Certified Strength and Conditioning Coach (CSCS) is to provide premier training and instruction for clients of all ages. The Athletic Performance Academy and Ben are geared to service clients with guidance, education, and an alternative training method for young and old. We are dedicated to the progression of our clients on all levels of athletics and fitness.

Taking pride in the development of a strong work-ethic in our athletes, as well as self-discipline and character development in a team-building environment, Ben is focused on producing results required to be a competitive athlete at any age. The program is not provided as a "fitness" program, but rather a strength and conditioning program designed to improve overall athletic performance.

The Athletic Performance Academy holds education as a priority among staff members. As NSCA Certified Strength & Conditioning Specialists (CSCS), we are part of an elite group (~26,000 world-wide) of coaches, educators, and trainers able to operate strength & conditioning programs for athletes from beginner to elite.

If you would like to learn more about the NSCA and the CSCS, go to:

www.nscs-lift.org