

Katrina Cook

Education & Certifications:

- Bachelors of Science in Exercise Science and Human Performance-Southern Connecticut State University
- National Academy of Sports Medicine Certified Personal Trainer
- National Academy of Sports Performance Enhancement Specialist
- Precision Nutrition Level 1

Job Experience:

- 2 years Physical Therapy Aid
- 3 years Personal Training Manager at AllSport Fishkill
- 4 years Personal Training Manager at Equinox
- Over 10 years of training athletes at the grade school, high school, collegiate levels.

Program Overview:

We provide a comprehensive training program focused on physical and mental performance for athletes to ensure they are fully prepared for the preseason, in-season, and off-season for their sport. We offer a unique athlete performance evaluation to help determine each athlete's current physical capabilities and provide solutions to take their performance to the next level. Our athlete training program focuses on endurance, agility, strength, speed, power, and injury prevention. We are able to give young athletes a better understanding of their strengths and weaknesses. Through our combination of functional training and recovery methods, our athletes get more insights as to where they can improve and how to prepare for the next level.