

Certifications

CrossFit Level 1

A.C.E. Personal Trainer

AFAA Personal Trainer

A.R.C. Adult CPR w/ AED

Education

High School, Maui High School

Graduate of University of Hawaii at Manoa

Studied Psychology & Business (Management)

Athletic Accomplishments on/off the field

Played for Guam, USA in the Little League Far East Regionals in Taipei, Taiwan

Played for the Maui All Stars in the Pony World Series in Davenport, Iowa

Maui High School

Football

MIL Offensive P.O.Y. (Jr, Sr)

Lead League in Rushing (Jr, Sr),

All State Team (Jr, Sr)

Member MIL Championship Team

1st Player in MIL History to rush for over 200yds in a single game.

Track

All-State (Soph, Jr, Sr)

Baseball

MIL All-Star (Jr, Sr)

Member MIL Championship Team (Jr, Sr)

Member State Championship Team (Sr)

Power Lifting

MIL Champion (Jr, Sr)

Linfield College (OR)

Football

All-Rookie Team

Lead Team in Rushing

Member NAIA National Championship Team

Track

100m - 10.76 (E.T.)

University of Hawaii

Football

All- WAC Scholar Athlete (Jr, Sr)

Most Outstanding Bow Off-Season Training (Jr, Sr)

Warrior Club (Soph, Jr, Sr)

Still have receiving record for running backs (single season)

Testing Day: Bench 425, Squat 625, Power Clean 345

Most Outstanding Running Back (Jr, Sr)

Starter Jr & Sr, lead Team in rushing Sr season

Pro Day: Bench 225 31 reps, VJ 36", 40yrd 4.47(E.T) – 4.53(E.T)
Broad Jump 10'4"

St Louis Cardinals, NFL

Member St Louis (Football) Cardinals (Free Agent)

Weight Lifting: Snatch: 300# Clean & Jerk: 370#

Maui Stars (Hawaii Football League)

HFL leading rusher 7 of 12 Seasons

Member of 5 HFL Championship Teams (94, 95, 98, 04, 05)

Member of the Maui Stars that played in 9 of the 12 Tsunami Bowls

Tsunami Bowl MVP 3 times (94, 95, 98)

Hawaii Speed & Quickness – Volunteer Coach

Running Back coach "Just Win Camp" Maui

Head Coach of Maui High School Varsity Football 05'

Personal Trainer Specialties

Athletic Training, Basic Fitness, Conditioning, Sports Specific Training, Speed & Quickness, Strength & Explosive Power Building