

10 Year Anniversary

Then and Now



10 YEARS?!

Can you believe it?! Time sure
does fly...

I wanted to put this together to
explain how it all started, and
how we have now gotten to
where we are. And where we are
going!

This is a tail of our evolution.

However, it is also a thank you to
you all for believing in me, and
allowing me to do what I love.

So CHEERS!!!



The Journey

HERE WE ARE:

2023



OUR OWN SPACE:

2014

* After a year of subcontracting our space, we finally moved into our own facility.



SPORTS MEDICINE:

2010

- * Worked with Orthopedic doctors, Physical Therapists
- * Hired to be return to play and ACL prevention Specialist
- * Hired as Football and Strength Coach at local high school

THE MOVE:

* I was offered an opportunity to start a business training Tennis athletes in Pittsburgh PA



GRADUATE FROM COLLEGE:

- * Grad School to become NYS Teacher
- * Was a Teacher Assistant
- * Coached High School Football 2 years
- * Coached CYO Basketball
- * Trained for NFL Combine

2004

2006

COLLEGE FOOTBALL:

- * Coached at Hamilton College for 4 years
- * Assistant Football Coach
- * Assistant Strength & Conditioning Coach





In 2012, a tennis pro named Chris at the Upper St. Clair Tennis Development Program, was working with higher level athletes. At the time, there was only Cross-Fit available to do any off-court training, so Chris decided that he wanted to train his tennis athletes on and off of the court himself. Chris purchased a bunch of Russian sports training books (*a man named Yosef Johnson*) reached out to Chris to ask him what his interest in them were. Long-story short, Chris and Yosef struck up a relationship where Yosef would remotely program training for Chris's tennis athletes, and Chris would carry out the training with them.

After several months of training, Chris felt that this training with Yosef was really helping his athletes and he felt that he could possibly grow this type of training into a business. Unfortunately Yosef lives up in Michigan and was married with 3 kids. So Chris asked Yosef if there was anyone that knew how to do this "Russian training" and that would be willing to move to Pittsburgh.

At that time, I was living in Syracuse NY. I just finished coaching my third season of high school football, working two years at a sports medicine facility, and was working at a local gym. Tried of working for traditional strength and conditioning and rehabilitation programs, I was ready to start something new and exciting.

So January of 2013 I took the dive, packed up my things and moved to Pittsburgh.

What we set out do:

To build a athletic training facility that breaks the traditional mold of “get an athlete stronger and everything else will make care of itself.” We wanted to build a facility that can take care of all the physical / psychological needs under one roof.

There is a phrase in the coaching world that goes *“too many chefs hands in the soup will spoil the soup.”* Meaning that if an athlete has a coach for speed, a coach for “fitness”/ conditioning, a skills coach, a strength coach, a chiropractor. That ultimately the end result won’t come out the way that it is intended because they are all putting in ingredients into the recipe without being aware of what the other “chefs” are putting in.

In order to combat this, we set out to build a “one stop shop.” We don’t that it is fair that only “high level” / professional athletes was able to train at facilities that do technical analysis, strength, power, speed training, rehabilitation, nutrition and recovery, all under one rough. As these are needs that athletes of ALL levels need.



Our Recipe:

Reconditioning

No one system of the body gets injured alone, and no one system of the body heals alone. Our Reconditioning program takes a 10000 ft view to address not only the effect of the injury, but also the cause of it. Your story determines the protocol, not the injury.

Speed / Power Development

Speed and power are the kings of sports. Our training programs are aimed at assessing and developing these qualities.

Technical Analysis

Only a specific sports movement based tests can provide an adequate foundation for assessing the athlete's progress. It not only can help improve performance but it narrow the focus and spot red flags for injury risk.

Joint health / Flexibility

Our joint assessment provides objective measures of an athletes movement capacity for each joint.

Posture & Brain Gym

The aim of the our Posture Recalibration is to decrease this energy expenditure by creating structural balance and a more efficient balance system. Posture is your brains reflexive strategy for stability.

Nutrition

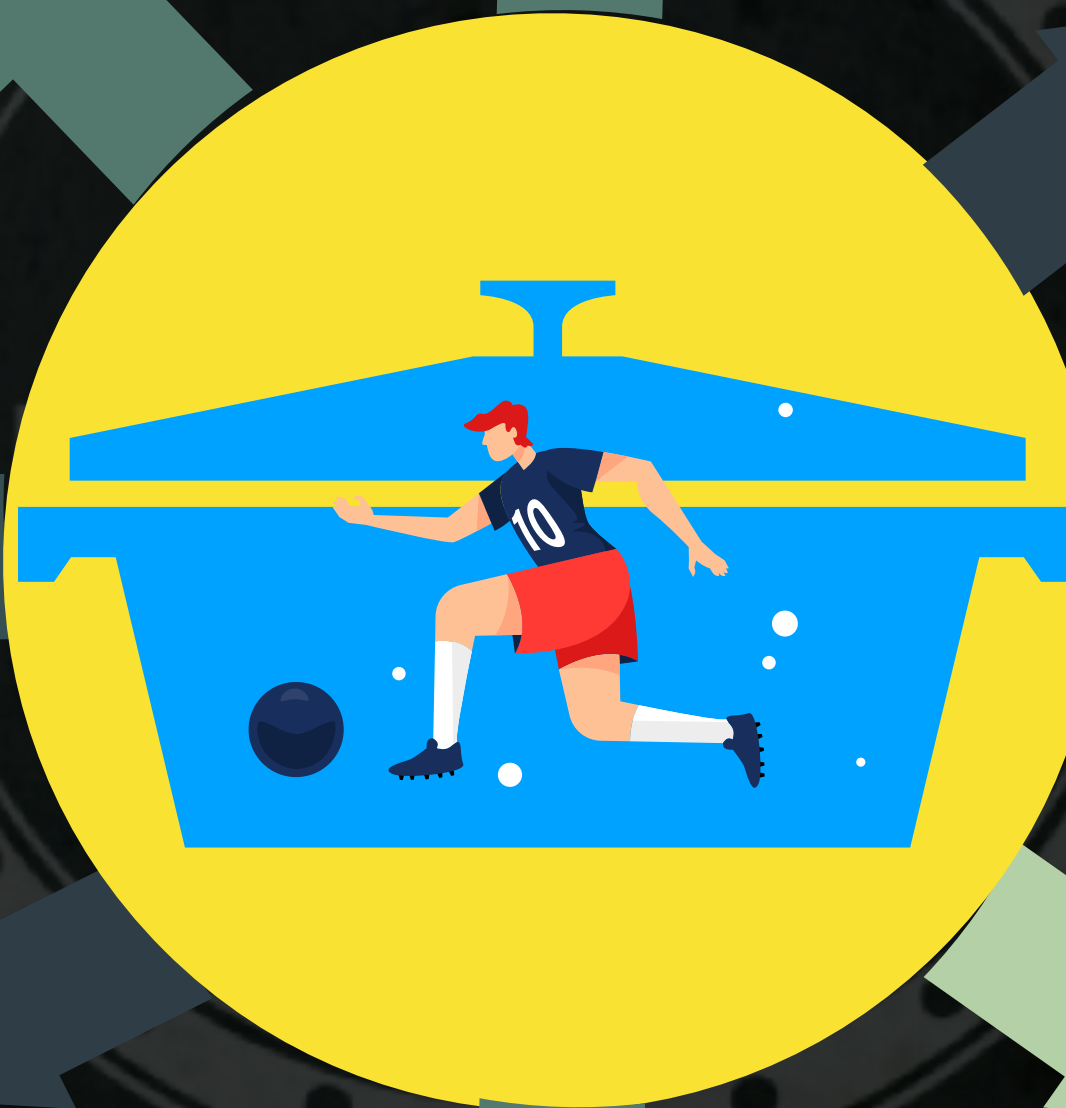
Fueling is important for not only performance, but recovery and rehabilitation. Our nutritional guidance can help with the specific needs based on what the goals of the athlete is.

Recovery & Hygiene

The best ability an athlete has is eligibility. And an athlete isn't able to play if this are hurt. So monitoring and managing stress is one of the fundamental things that we do to ensure that our athletes are able to recover and play at their highest abilities.

Sports Vision Training

Sports is about movement. An athletes movement is dictated by what they see and perceive. We assess for weakness's in the athletes perception.



A man in a light blue t-shirt with 'DCI SPORTS TRAINING' and a black cap walks towards the camera on a red running track. In the background, several athletes in light blue shirts and dark shorts are in starting blocks, ready for a race. The track is surrounded by green grass and trees under a clear blue sky.

“The best way
to predict the future
is to create it”

Abraham Lincoln

DC Sports Athletes

Starting DC Sports Training with 8 athletes, we have been blessed to have worked with several hundred athletes these past 10 years.

With our goal of long-term athletic development, we are so proud to have been part of so many athletes journeys when they started with in middle school and continuing with use all the way through college.



USCHS Soccer @USCHSsoccer
Congrats to Pennsylvania State Player of the Year- Emma Hasco! nscaa.com/2015-nscaa-fal...

3h



DC Sports Athletes



DC Sports Athletes



DC Sports Athletes

Part of taking a long term development process is that we get to help our athletes grow through high school and on into college. We have been fortunate to now have helped hundreds of athletes fulfill their goals of continuing to play in through to the collegiate setting.



DC Sports Teams and Programs

We have been blessed to have work with numerous high school and club teams here in the South Hills.



DC Sports "Tough Mothers"

Not only do we train athletes, but we train former athletes as well! We have been blessed to have been able to work with these AMAZING people!



Professional Athletes

Not only have we been able to work with the best athletes in the Greater Pittsburgh area, but also from around the country. From several 1st round NFL draft picks, an Olympic sprinter, major league baseball and NHL hockey players.



Olympic Athlete
Jason Rogers



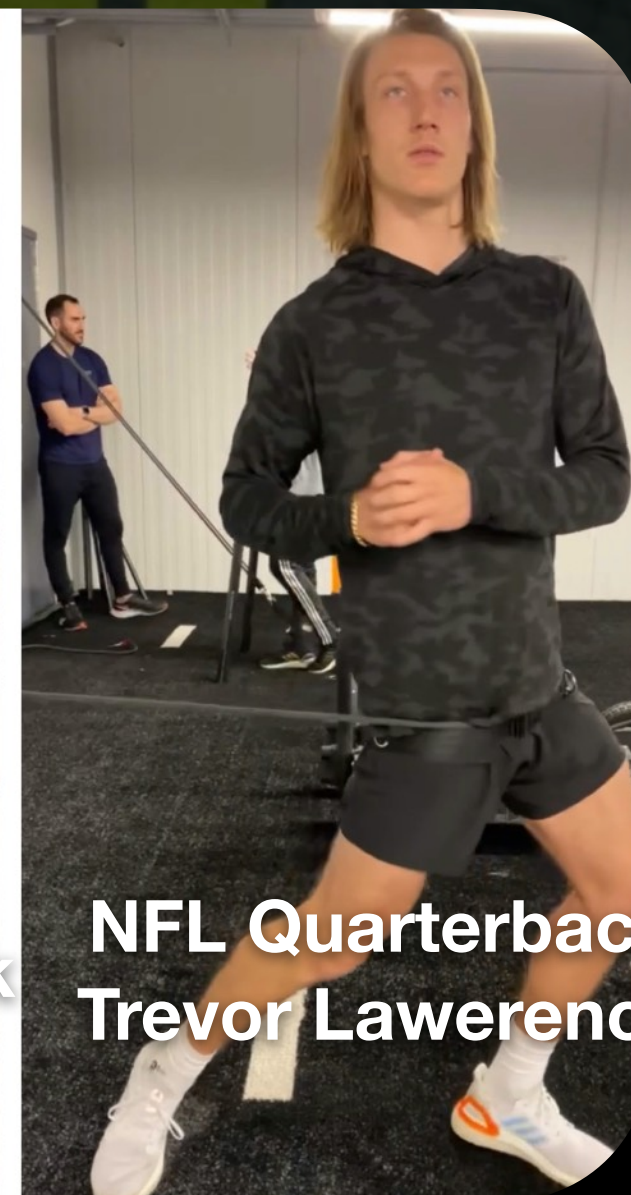
NFL Quarterback
Carson Wentz



NFL Running back
Najee Harris



NFL Quarterback
Zach Wilson



NFL Quarterback
Trevor Lawrence



Jeff Moyer
NFL VISION TRAINING

Teaching Opportunities

Another part of our passion is helping educate current and future coaches. We are blessed to have the ability to learn first hand from the top coaches in the world, and what good is the information if we are not able to pass it on?! We have been blessed to present to coaches all over the world.



Results Driven Performance Clinic



Sports Movement Skill Conference



Exxentric High-Performance Clinic



Track and Football Consortium

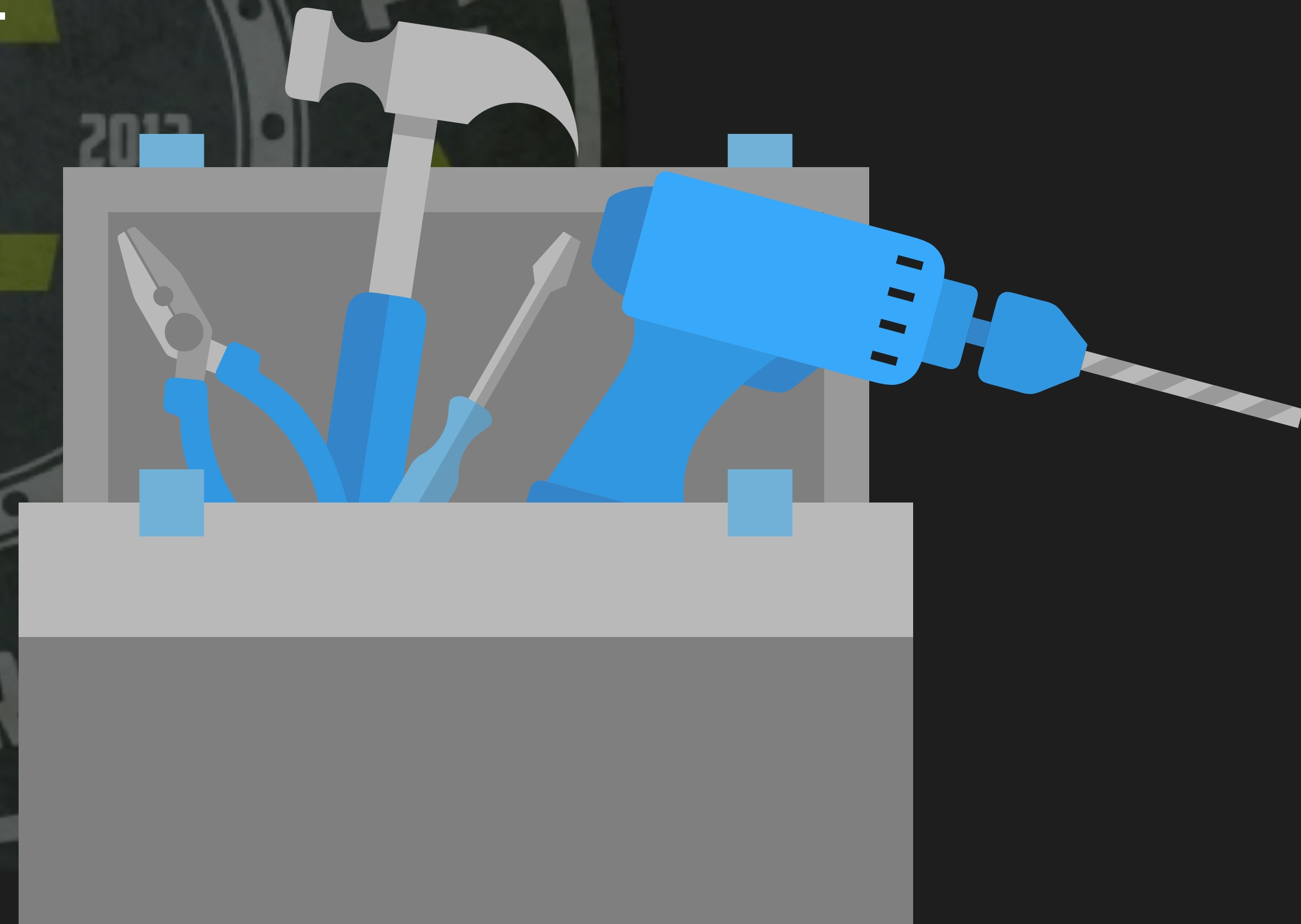


Central Virginia Sports Performance Seminar

Tools of DC Sports Training

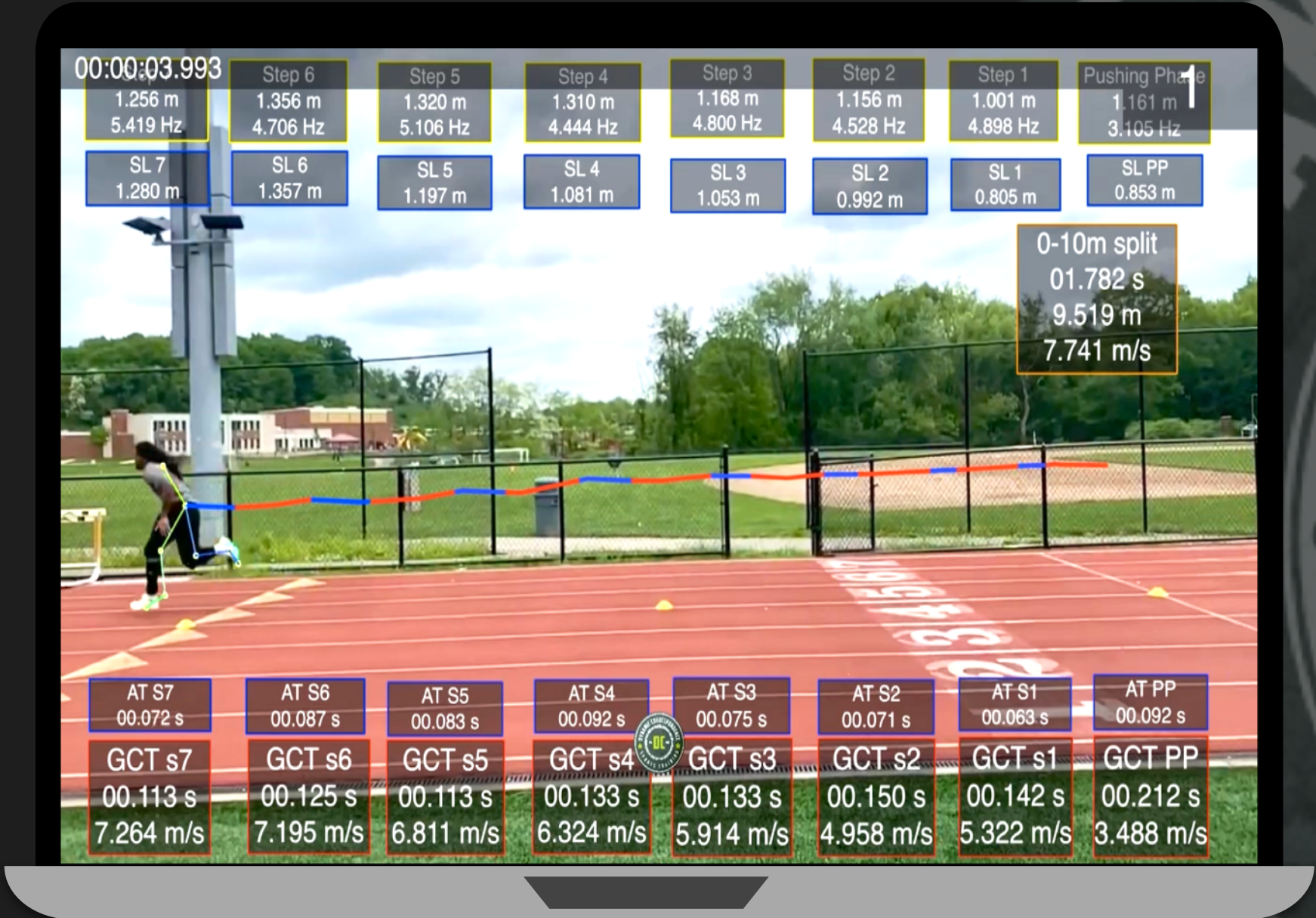
Tools are only as useful as the person using them. And in the Sports Performance world, often times coaches are hammers; and when you are a hammer, everything looks like a nail.

We are a company that wants to invest and use tools / techniques that serve as solutions for problems that our clients are experiencing.

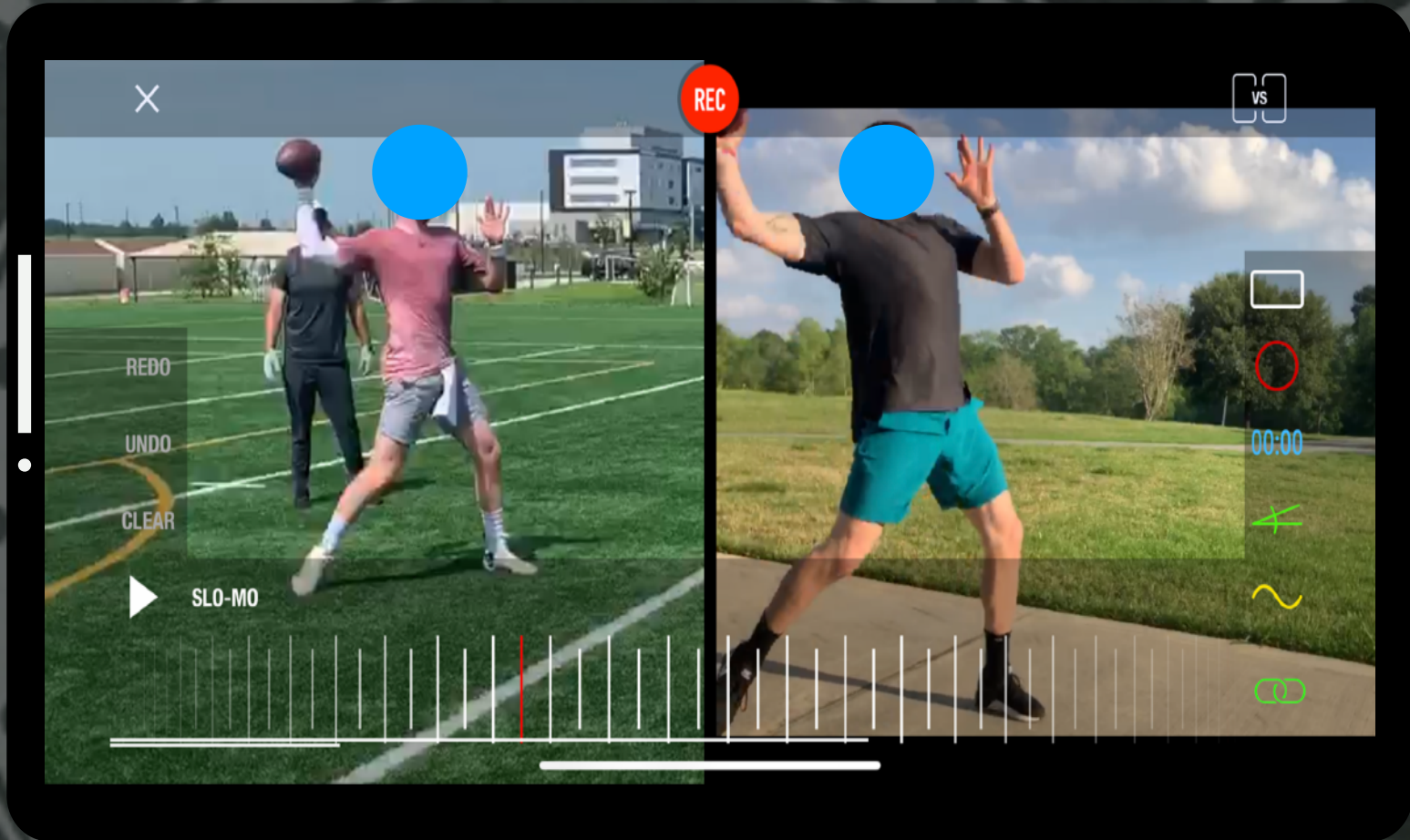


Tools of DC Sports Training

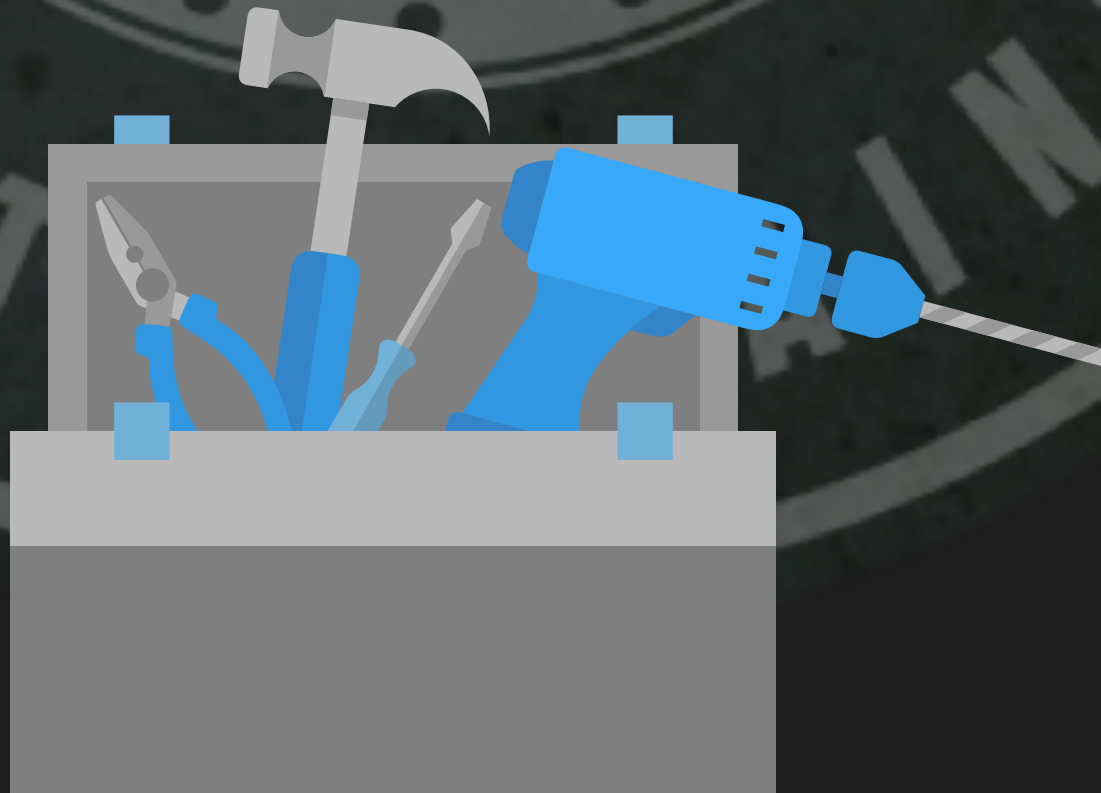
Biomechanical Analysis and Profiling



Binary Video Analysis



Dartfish Video Analysis



The need to profile is important for health and performance. With the change in physical strength, body size, an athletes mechanics are effected. “What did you run? Where is your weakness?” Only a specific sports movement assessment can provide an adequate foundation for assessing the athlete’s progress and progression. It narrows the focus and spots red flags that could lead to performance inhibitors and or injury risks.

Tools of DC Sports Training



Flywheel Training

Flywheel training is a strength training modality that offers the possibility of performing exercises with eccentric overload and variable resistance as compared to conventional gravity-based resistance training.

Your muscles are stronger in the eccentric phase of its motion, but it is difficult to reach your maximal eccentric power in traditional weight training. DC Sports Training was the first in the Pittsburgh area to use this type of training.



Power Measuring

GymAware is the gold standard for measuring performance, implementing Velocity Based Training and monitoring power.



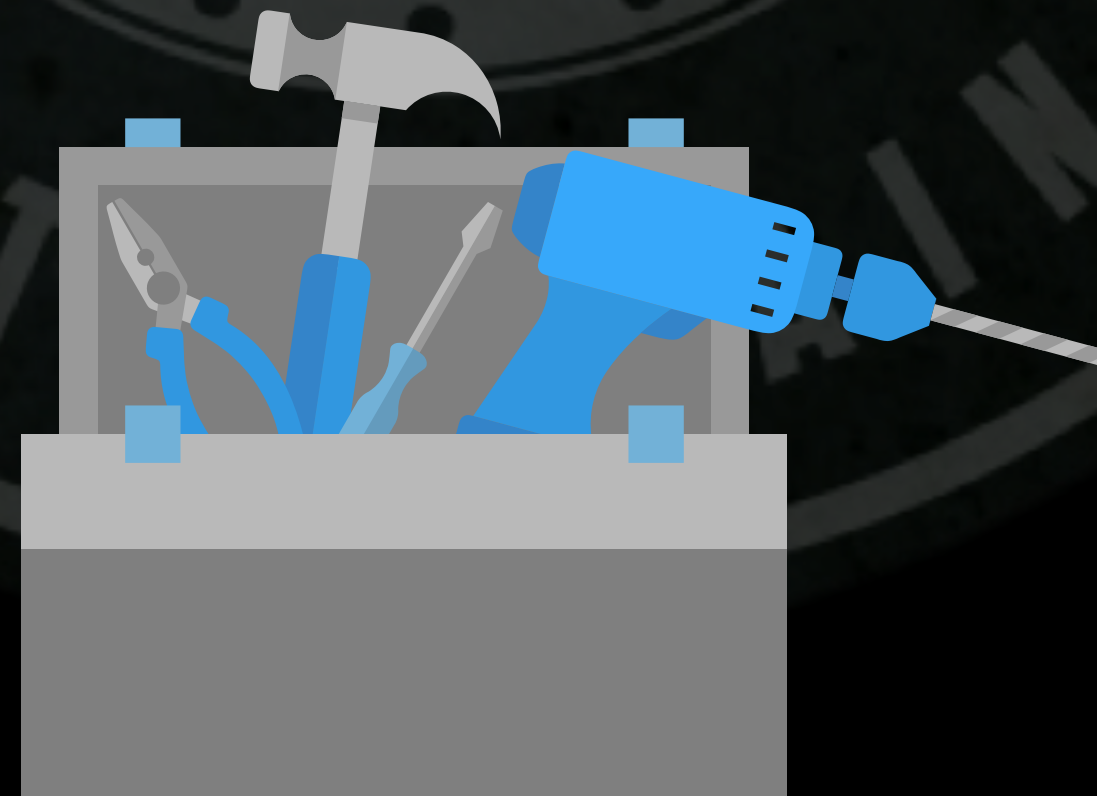
AC/DC Electric Stim

The Phoenix Wave is NOT a normal muscle stim machine. The Phoenix contracts muscles at 300-500 times a second, causing deep muscle contraction but still allows a full active range of motion.



Neurosage:

Neurosage is a scientifically designed software application that targets the visual and vestibular system to improve balance, coordination, and muscle function. Systemic Neural Adaptation, the Neurosage process, involves the intentional change of the body's system over time.



Affiliates Companies:

We are pleased to have partnered with what we feel are the best companies in their respected industries.

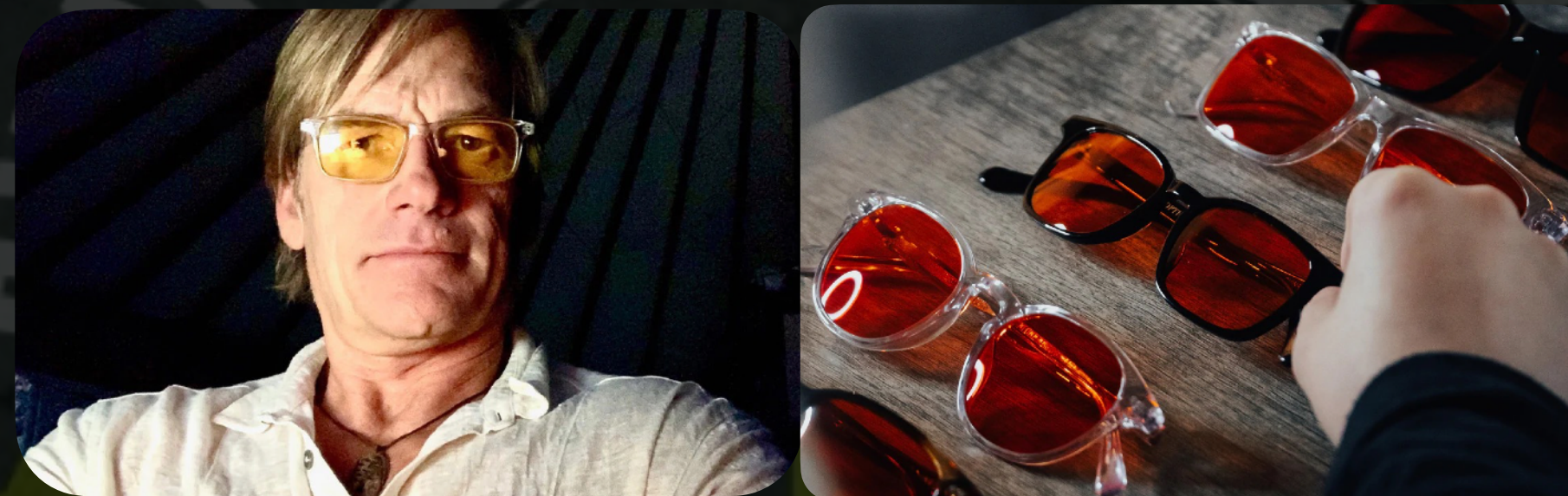
Lila Exogen



Wearable resistance training has been around for decades because it works. But Lila has revolutionized it. They reimagined the system to integrate with your body and natural movement.

Used with Olympic and professional level athletes. Exogen the world's most advanced wearable resistance.

RA Optic Glasses



The Most Effective Adult & Kids Blue Light Blocking Glasses on the Market. Developed with world-leading experts in photobiology, neuroscience, and optics.

They have both day and night pairs.

Vivobarefoot Shoes



Their footwear is designed wide, thin and flexible for natural strength and freedom of movement. We make our footwear as close to barefoot as possible to connect you to the earth and feel the ground beneath your feet.

Their shoes are made to improve the connection from our feet to our brain.

What The Future Holds

The future is bright at DC Sports Training. We will continue to grow and exhaust ourselves to helping achieve the goals of our clients. We will continue to use the means & methods that I got us to where we are now, but not be afraid to change if something comes along that yields better results.

We have only made it this far because of the amazing people that we have been sooo fortunate to work with. It is you, that challenges us to think and come up with answers to the challenges. To push and better what we are doing so we can better you.

Thank you from the bottom of my heart for these past
10 years!

I can't wait for the next 10!

