

# Sam C.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BS in Kinesiology: Exercise Science from California State University, Monterey Bay
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Volunteer Assistant Mens Soccer Coach CSUMB (2012-13 season)
- Played 4 years as goalkeeper at CSUMB (2007-2011); Two year Captain(2010-11)
- Anything dealing with soccer. 20+ years experience playing.



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