Tim brings his passion of sports performance and health promotion to each and every athlete he works with every day. Through his constant efforts of acquiring new and innovative methods of training he is able to motivate and guide clients towards achieving their goals in their given sport or activities. His love of sport stems from being involvement in numerous teams as a youth and continued throughout to playing collegiate baseball while earning a degree in Exercise Science from Bridgewater State University. From there his interest shifted towards a new desire of motivating and pushing others into reaching their own athletic potential.

Other certifications recognize Tim as a Strength and Conditioning Specialist (CSCS), Olympic Weight lifting competency (USAW), CPR and first aid, and most recently UA Combine 360 after completing a 5 day intensive course at IMG in Bradenton Florida.

Movie: field of dreams

Quote: "Look at your past. Your past has determined where you are at this moment. What you do today will determine where you are tomorrow." --Tom Hopkins