

CURRICULUM VITAE

Elijah Sacra

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October 2024 Update

CONTACT INFORMATION



SERVICE DISABLED
VETERAN-OWNED
SMALL BUSINESS

Principle

Wellness Solutions Group LLC

Service Disabled Veteran Owned Small Business (SDVOSB)
Center for Verification and Evaluation (CVE) Vets First VIP Certified
TIER 1 Security Clearance

www.WellnessSolutionsGroup.com

Email: e.sacra@wellnesssolutionsgroup.com



SERVICE DISABLED
VETERAN-OWNED
SMALL BUSINESS

Clinical Exercise Physiologist & Functional Medicine Health Coach

Elijah Sacra CPT FMCHC / ElijahSacra.com

A Private Pain Management and Human Performance Practice located in the Raleigh
- Durham - Chapel Hill Metropolitan Area

www.ElijahSacra.com

Email: elijah@elijahsacra.com



**NEWMAN'S
OWN AWARDS
2020 WINNER**



Founder & Executive Director

Warrior Wellness Solutions

A 501(c)3 Non profit Organization

www.WarriorWellnessSolutions.org

Email: e.sacra@warriorwellnesssolutions.org

NARRATIVE

Elijah Sacra is a Gulf War Era service-disabled US Marine Corps Veteran, a career health and wellness practitioner, trainer, consultant and educator with over three decades of experience. He works as a subject matter expert in human performance and wellness in concert with physicians, physical therapists, occupational therapists, and mental health practitioners while delivering services to populations under clinical care. These include individuals living with chronic pain, traumatic brain injuries, post-traumatic stress, amputees, neurodegenerative diseases, cancer patients, the blind, and patients recovering from surgeries and burns.

Elijah's lifestyle coaching philosophy and methodology is grounded in Functional Medicine and Integrative Nutrition Health Coaching, Burris Functional Emotional Fitness Coaching, and Accelerated Mind Performance (AMP). As a Clinical Exercise Physiologist, Biomechanist, and Movement Coach, he guides his clients to eliminate pain, decrease injuries, and enhance athleticism. He teaches integrative movement systems which facilitate neuromuscular re-education and focus on conditioning functional movement and myofascial sling systems with an emphasis on structural integrity and postural alignment to correct joint dysfunction and restore evolutionary movement patterns.

Elijah serves as Executive Director of [Warrior Wellness Solutions](#) (WWS), a GuideStar Platinum 501(c) 3 nonprofit organization he founded in 2009. WWS has also achieved recognition as an America's Warrior Partnership Four Star Alliance Program of Excellence, and as a Great Nonprofits "Top-Rated Nonprofit". WWS has provided integrative health and wellness education and training to thousands of Wounded, Ill, and Injured service members, veterans, their caregivers, medical and support staff, and was recognized with an award for their service with the US Marine Corps' Wounded Warrior Regiment.

Elijah currently works with members of the U.S. Special Operations Command (USSOCOM), Military and Law Enforcement units and personnel through his consulting business [Wellness Solutions Group LLC](#). Elijah delivers health promotion, professional military education and pre-and post-deployment human performance and resiliency training to active duty service members. He has worked as a Tactical Strength & Conditioning Facilitator and Human Performance & Wellness Coach for members of numerous military and law enforcement units to include TIER 1 Special Operations Units and other government agencies (OGAs) serving the National Security and Intelligence community to include the Central Intelligence Agency's Special Activities Center (SAC), Ground Branch, and Global Response Staff (GRS). Additionally has provided training, consulting, and services to the Defense Health Agency (DHA) and Veterans Healthcare Administration (VHA) and is a member of the Special Operations Medic Coalition. He is currently leading the first Functional Medicine pilot program with the VA's War Related Illness & Injury Study Center (WRIISC). The War Related Illness and Injury Study Center (WRIISC) is a national program dedicated to Veterans' post-deployment health concerns and unique health care needs. Elijah and his team develop and provide post-deployment health expertise to Veterans and their health care providers through clinical care, research, education, and risk communication. The WRIISC is part of VA's newly

designated Health Outcomes Military Exposures (HOME) formerly Post Deployment Health Services (PDHS). In 2023, the Interdisciplinary Functional Medicine-Based Integrative Intervention for Gulf War Illness was presented at the Institute of Functional Medicine's Annual International Conference as a model for veteran healthcare.

Elijah has served on the Executive Roundtable and Vision Sharing Board for Non-Profit and Community Participation in Achieving World Class Standards of Care and Services for Wounded Warriors at the New Joint Services Walter Reed National Military Medical Center, and as a coach for TEAM Marine Corps for the 2015 Department of Defense Warrior Games. He has been educated in Pain Care Skills by members of the Department of Defense Wounded Warrior Pain Care Initiative based at Walter Reed National Military Medical Center. Elijah served for several years as Board Treasurer for the North Carolina Veterans Business Association, worked as a Staff Accountant for Ernst & Young in Expatriate Tax Accounting, and worked as a forensic accounting contractor conducting fund tracing, asset identification, asset recovery, and due diligence reviews. He holds a Certificate in Nonprofit Management from Duke University, and is trained in Logic Model Reporting by the RAND Corporation. He is a founding member and fellow creator of the Durham Veterans Hospital COIN: Center of Innovation to Accelerate Discovery and Practice Transformation (ADAPT) VetREP (Veteran Research Engagement Panel) which is now used as a national model across the VA Health Services Research community.

In 2017, his personal story and professional advice was published by Consumer Reports in a VA wide publication on Non-pharmacological Interventions for Chronic Pain. He is a 2018 Patient Scholarship Recipient for the Patient Centered Outcomes Research Institute for his valuable perspectives and expertise on the Department of Defense and Department of Veterans Affairs patients, caregivers, and patient representatives focusing on the theme "From Evidence to Impact: Putting What Works into Action." Elijah was chosen to present at the Institute of Functional Medicine (IFM) 2019 Annual International Conference (AIC) on Stress, Pain, and Addiction: Transformative Treatments and Innovative Solutions, where he will be presenting researchers and clinicians the myriad of ways in which these issues, individually and collectively, impact health and speaking on "Pain In the Military: Patient and Practitioner Perspectives". Under Elijah's leadership, Warrior Wellness Solutions received the 2020 Newman's Own Award for being an instrumental organization in the fight to support our nation's military and veteran communities. Elijah and his team were recognized in a private ceremony by General Mark A. Milley, Chairman of the Joint Chiefs of Staff, the Fisher House Foundation, Military Times, Newman's Own, and Newman's Own Foundation. Elijah co-authored multiple journal articles for the Journal of General Internal Medicine (JGIM) and presented at the 2023 Society of Federal Health Professionals (AMSUS), an educational and professional development association serving the Department of Defense, Veterans Affairs, Health and Human Services, Department of Homeland Security.

SECURITY CLEARANCE - Tier 1

EDUCATION

- **UNC Chapel Hill Gillings School of Public Health**
Public Health Leadership Graduate Certificate
- **Stanford Medicine & Center for Health Education**
Exercise Physiology Certificate
- **Harvard Medical School**
Human Anatomy: Musculoskeletal Cases Certificate
- **Functional Medicine Coaching Academy**
Certified Functional Medicine Health Coach
- **Concordia University St. Paul**
BA Exercise Science & Kinesiology
- **Duke University**
Certificate in Nonprofit Management
- **University of Baltimore**
Accounting & Business Administration Studies
- **Community College of Baltimore County**
- **University of Maryland**
Accounting and Japanese Language Studies
- **Campbell University**
Associate of Arts - Concentration in Accounting

CERTIFICATIONS

- Wisdom Dojo Meditation Fundamentals Instructor
- Veteran Solutions Peer Support Ambassador
- VA Healthcare Administration Peer Support Specialist
- Accelerated Mind Performance Training (AMP) Instructor
- Brazilian Jiu Jitsu - Purple Belt 3rd Degree
- Athletic Truth Group (ATG) / Knees Over Toes Training Level 1 Certification
- U.S. Department of Veterans Affairs Talent Management System (TMS)
Certifications 1. Privacy and HIPAA Training 2. VA Privacy and Information Security Awareness and Rules of Behavior 3. Telehealth to Home Using VA Video Connect Provider Training 4. Telehealth Emergency Plans Memorandum Self Certification 5. Virtual Care Manager Training
- VA Healthcare VHA Train Certificates - War Related Injury and Illness Study Center (WRIISC) Curriculum: Module 2: Airborne Hazards, Module 3: Gulf War Illness, Module 4: Chronic Multisymptom Illness (CMI), Module 5: Depleted Uranium and Toxic Embedded Fragments
- GOATA Movement Coaching Certification
- Ocean Warrior Safety Course: CPR & Ocean Rescue procedures from Brain Keaulana and Dan Carter.

- Ocean Warrior Land Course: A land-based program designed to teach breathing techniques that reduce your brain wave activity, calm your mind and increase your lung capacity.
- Ocean Warrior Advanced Course: Breathing recovery & surf swim techniques from world champion free-divers; William Trubridge & Ant Williams
- Collaborative Institutional Training Initiative (CITI) Program in partnership with University of North Carolina Chapel Hill - Social and Behavioral Responsible Conduct of Research 1 - RCR
- Collaborative Institutional Training Initiative (CITI) Program in partnership with University of North Carolina Chapel Hill - Human Research Group 2 Social and Behavioral Research: 1 - Basic Course
- Foundation Training Level 2 Instructor
- VA Healthcare VHA Train Certificate - War Related Injury and Illness Study Center (WRIISC) Curriculum: Module 1: Assessing Deployment Related Environmental Exposures
- EXOS Performance Specialist Certification
- EXOS Applied Neuroscience of Peak Performance Certification
- Certified Functional Medicine Health Coach in partnership with the Institute for Functional Medicine / Functional Medicine Coaching Academy
- Functional Patterns Human Biomechanics Specialist Level 1 and 2
- Functional Patterns – Human Foundations Level 1 and 2 Certified
- International School of Detoxification Certified Level II Detoxification Specialist with Dr. Robert Morse
- Usui Reiki Ryoho Level I and II Certified
- EXOS Tactical Training Systems Certification
- Cornell University in partnership with the T. Colin Campbell Foundation Certificate in Plant-Based Nutrition
- National Strength & Conditioning Association (NSCA) Certified Tactical Strength & Conditioning Facilitator
- Foundation Training Level 1 Certification
- Warriors At Ease - Fundamentals of Teaching Yoga and Meditation in Military Communities Certification
- MovNat Level 1 Certified
- Certified Burris Institute Emotional Wellness Coach PTSD & Traumatic Brain Injury coaching
- Functional Movement Systems (FMS) - Level 1 and 2 Certified Corrective Exercise Professional
- Functional Movement Systems (FMS) –Kettlebell Training for the Movement Screening Professional Certification
- American Association of Drugless Practitioners - Board Certified Health Coach
- Institute for Integrative Nutrition - Board Certified Health Coach
- Yoga for Traumatic Brain Injury | PTSD |Combat Operational Stress Certified
- Yoga Warriors Certified Practitioner in partnership with University of North Carolina Chapel Hill Integrative Medicine

- Mindful Yoga Therapy for Veterans Certified in yoga for Traumatic Brain Injury & PTSD - Embody Yoga
- Present Yoga Alliance Registered Yoga Teacher E-RYT 200 Hour (Educator)
- Present National Academy of Sports Medicine (NASM) Certified Personal Trainer
- National Sports Performance Institute - Certified Golf Conditioning Specialist
- National Sports Performance Institute (NSPA) - Certified Personal Trainer with Coach John Philbin
- Marine Corps University - Personal Training for Marines

HONORS

- 2024 Abu Dhabi Combat Club (ADCC) Submission Grappling World Open Champion (Masters 2)
- 2023 IBJJF No Gi American National Champion (Masters 4)
- 2024 IBJJF No Gi Worlds Bronze Medalist (Masters 5)
- 2025 IBJJF Pan American Championships Bronze Medalist (Masters 5)
- ADCC Newman's Own Award Recipient - recognized by General Mark A. Milley, Chairman of the Joint Chiefs of Staff, Fisher House Foundation , Military Times, Newman's Own, and Newman's Own Foundation for service to the military and veteran communities.
- UNC Chapel Hill Gillings School of Public Health Graduate Program Dean's List
- Institute for Functional Medicine (IFM) CEO Letter of Support
- Functional Medicine Coaching Academy (FMCA) CEO Letter of Support
- Patient Centered Outcomes Research Institute: Patient Advocate Scholarship Recipient
- Concordia University St. Paul: Dean's List
- Durham VA Hospital VetRep Founding Board Member
- United States Marine Corps Wounded Warrior Regiment Certificate of Appreciation for Outstanding Volunteer Service
- Community College of Baltimore County Dean's List
- United States Marine Corps: Nomination Marine of the Quarter
- United States Marine Corps: Nomination Meritorious Corporal Promotion Board
- United States Marine Corps: Letter of Appreciation

CURRENT & PAST MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS AND SOCIETIES

- The Society of Federal Health Professionals (AMSUS)
- Veteran Mental Health Leadership Coalition (VMHLC)
- Marine Corps Association
- Special Operations Medic Coalition (SOM+C)
- National Strength & Conditioning Association
- American College of Sports Medicine

PROFESSIONAL TRAINING & CONTINUING EDUCATION

- Contrast Therapy
- Oxygen Advantage Breathwork
- Transcendental Breathwork
- Wim Hof Breathwork & Cold Exposure
- SOFWERX SOCOM Small Business Boot Camp
- Military Special Operations Family Collaborative (MSOF) SOF Health Deep Dive - Cancer in Special Operations
- HeartMath Biofeedback Training
- Institute of Functional Medicine (IFM) 2022 Annual International Conference (AIC) Advancements in Clinical Research and Innovative Practices
- The New Paradigm in Mental Health: Brain Science, Psychedelics and Transformational Change Psychedelic Research and Training Institute PRATI
- Why Sleep? Matthew Walker PhD Center for Human Sleep Science University of California, Berkeley
- Military Special Operations Family Collaborative (MSOF) SOF Health Deep Dive - Dr. Chris Frueh, Dr. Chris Fowler, and Dr. Bryan Stepanenko to learn more about the impacts of High Allostatic Load - AKA "Operator Syndrome.
- Special Operations Medic Coalition (SOM+C) Brain Health Summit
- Athletic Truth Group (ATG) / Knees Over Toes Guy (KOTG) Knee Ability Zero, Dense, & Standards programming
- (VETS) Veteran Exploring Treatment Solutions - Modern Recovery: Veterans & Psychedelic-Assisted Therapy
- Wim Hof Method Live Training
- (VETS) Veteran Exploring Treatment Solutions Gala -Tim Ferris, Rick Doblin PhD Multidisciplinary Association for Psychedelic Studies (MAPS), Rear Adm. Brian Losey US Navy SEAL (Ret.), former Commanding Officer of Naval Special Warfare Command
- SOMA Breath Training
- Troy Casey - Certified Health Nut
- University of North Carolina Chapel Hill Gillings School of Global Public Health - Public Health Marketing
- Tony Blauer's KNOW Fear® Seminar
- North Carolina Military Business Center (NCMBC) / Defense Contractor Academy: Government Contract Opportunities & Contractor Responses, Bid Estimating for Government Contractors, Teaming Arrangements Joint Ventures Mentor-Protege Programs
- University of North Carolina Chapel Hill Gillings School of Global Public Health: Project Management Principles & Practices, Core Principles in Public Health Leadership
- University of North Carolina Chapel Hill Gillings School of Global Public Health: Understanding Public Health Issues

- Institute of Functional Medicine (IFM) Annual International Conference (AIC) on Stress, Pain, and Addiction: Transformative Treatments and Innovative Solutions
- Patient Centered Outcomes Research Institute Annual Meeting “From Evidence to Impact: Putting What Works into Action.”
- Department of Defense Pain Care Skills Training - Battling on the Field and Off
- RAND Corporation in partnership with the Bob Woodruff Foundation - Logic Model Reporting
- Institute for Functional Medicine – Functional Nutrition
- Duke University Nonprofit Management: Grant Writing 101- Cultivating Relationships, Capacity Building, and Sustainability
- Functional Movement Systems - Selective Functional Movement Screen (SFMA) Certification (Audited)
- Uniformed Services University of the Health Sciences Smithsonian and Navy Medicine Conference Series Wounded Warrior Care, Traumatic Brain Injury and Post Traumatic Growth

CURRENT APPOINTMENTS

- Founding / Coalition Member - Veteran Mental Health Leadership Coalition (VMHLC)
- Institute for Functional Medicine - Defense Health Agency / Veterans Healthcare Administration Functional Medicine Advisory Board
- Operation Restore Collaborative - Person Oriented Medical Approach (POMA) / Institute for Functional Medicine Initiative (Special Operations Forces Health Initiatives)
- Foundation Training Military Liaison
- Veteran Research Engagement Panel – Durham NC VA Center of Innovation for Health Services Research and Development Services Research in Primary Care
- Special Operation Forces Health Initiatives Medical Advisory Board Director of Functional Movement and Rehabilitation

PAST APPOINTMENTS

- Patient Advocate - Patient Centered Outcomes Research Institute
- Veteran Research Engagement Panel for National VA study: Patient Centered Strategies to Improve Pain Management PCORI - Patient-Centered Outcomes Research Institute in concert with the US Department of Veterans Affairs Health Services Research & Development for Chronic Pain and Opiate Addiction in Veterans. Veterans’ Pain Care Organizational Improvement Comparative Effectiveness (VOICE) Trial Minneapolis VA Center for Chronic Disease Outcomes Research / University of Minnesota
- Combat Strength Training Cadre w/ Sgt. Maj. Pat McNamara (Ret.) 1st SOF-D (Delta Force)

- Board Treasurer for the North Carolina Veterans Business Association
- Executive Roundtable and Vision Sharing Board for Non-Profit and Community Participation in Achieving World Class Standards of Care and Services for Wounded Warriors at the New Joint Services Walter Reed National Military Medical Center

CURRENT VOLUNTEER ACTIVITIES

- Veterans Jiu Jitsu Adaptive Athlete Ambassador
- Marine Corps Heritage Foundation
- Executive Director - Warrior Wellness Solutions

PAST VOLUNTEER ACTIVITIES

- Assistant Coach Triangle Jiu-Jitsu Children's Program
- Department of Defense Warrior Games Coach - Team Marine Corps
- Member - Baltimore Marine Corps League

GRANTS

(Warrior Wellness Solutions nonprofit work delivering rehabilitative health and wellness services to disabled veterans, servicemembers, and their families.)

CURRENT GRANTS

- Infinite Hero Foundation Boot Campaign
- McShane Family Foundation Grant
- Caldrony Family Foundation Grant
- PLH Group Grant
- Patriot Military Family Foundation Grant
- Firehouse Subs Community Foundation

PAST FUNDING

- Newman's Own / Fisher House Foundation Grant
- Disabled Veterans National Foundation
- Mindshare Collaborative Grant
- Bob Woodruff Foundation Grant
- Causey Family Foundation Grant
- Veterans United Foundation Grant
- PLH Group Grant
- McShane Family Foundation Grant
- Caldrony Family Foundation Grant
- Patriot Military Family Foundation Grant

DEPARTMENT OF DEFENSE & VETERANS HEALTHCARE ADMINISTRATION CONTRACTS

- War Related Illness & Injury Study Center (WRIISC) Functional Medicine Coaching Contract # NJ VA WRIISC 36C24220P1487

PUBLICATIONS & MEDIA

- DO! The Pastino ShoW
- Dave Asprey & Dr. Harry Adelson Stem Cell Podcast
- Co-Author - Journal of General Internal Medicine (JGIM) Journal Article - "VetREP: Formation of a model for stakeholder engagement in research co-designed with veteran and veteran caregivers." (Durham VA VetREP)
- Co-Author - Journal of General Internal Medicine (JGIM) Journal Article - "Veteran Stakeholder Engagement in Research: Personal Reflections from a Veteran Care Partner (Durham VA VetREP)
- Co-Author - Journal of General Internal Medicine (JGIM) Journal Article - "Not all groups come together, but this one just clicks." Ten Tips for Sustaining an Engagement Panel (VA VOICE Study)
- Foundation Training Instructor Highlights
- Something Significant with Matt Gersper on Happy Living
- Behind the Shield Podcast with James Geering
- Experience Life Magazine "Operation Restore Collaborative"
- Durham VA Health Services Research Media
- Jiu-Jitsu Times "Veteran's Jiu-Jitsu"
- SOFlete Die Living Podcast "Functional Medicine"
- Foundation Training Podcast
- Consumer Reports - personal story and professional advice was published by Consumer Reports in a Veterans Healthcare publication delivered nationwide highlighting Non-pharmacological Interventions for Chronic Pain.
- Utility Products - "Warrior Wellness Solutions"
- Power Grid Magazine - "Warrior Wellness Solutions"
- PLH Group Newsletter - "Warrior Wellness Solutions"

PROFESSIONAL PRESENTATIONS

- The Society of Federal Health Professionals (AMSUS) Annual Meeting - Comprehensive Virtual Functional Medicine Health Coaching for Gulf War Chronic Multisymptom Illness At the WRIISC-VA New Jersey Health Care System
- Functional Medicine Coaching Academy / Institute of Functional Medicine Annual Meeting "Coaching Through Behavioral Challenges: Coaching Clients with Stress, Pain, and Addiction
- Institute of Functional Medicine (IFM) Annual International Conference (AIC) on Stress, Pain, and Addiction: Transformative Treatments and Innovative Solutions - "Pain In the Military: Patient and Practitioner Perspectives"

- Marine Corps Special Operations Command (MARSOC) Health & Wellness Curriculum
- PCORI Annual Meeting Poster Session - "An update on the Science of Engagement - What Are We Learning?"
- Presented the Warrior Wellness Solutions body of work to the Office of Congressman Tim Ryan (D) of Ohio - a member of the Addiction Treatment and Recovery Caucus, Military Mental Health Caucus, and Defense and Veterans Affairs Subcommittees
- Presented the Warrior Wellness Solutions body of work to the Office of Duncan Hunter (R) of California - a member of the Senate Armed Services Committee and Navy and Marine Corps Caucus
- Mindshare Collaborative Warrior Wellness Solutions Charity Partner Presentation
- Institute For Integrative Nutrition Alumni Conference Presenter
- United States Marine Corps Wounded Warrior Regiment presentations of Warrior Wellness Solutions programming
- United States Army Warrior Transition Unit presentations of Warrior Wellness Solutions programming
- United States Special Operations Command Care Coalition presentations of Warrior Wellness Solutions programming

Elijah has worked with the most elite mentors in integrative medicine, martial arts, sports performance, military training, strength and conditioning, functional movement, mind-body medicine and nutrition to include the following:

NUTRITION & HEALTH COACHING

Vaughn Gray-Rhodes Scholar and a recipient of the Wilma Crowther award for top Human Scientist at Oxford-Human Science

Joshua Rosenthal MEd - Integrative Nutrition

Dr. Andrew Weil - Anti-Inflammatory Dietary Theory

Dr. Joel Fuhrman -Nutritarian Dietary Theory

Dr. David Katz - Yale Prevention Research Center-Integrative Nutrition

Dr. Mark Hyman -Ultraprevention & Ultrametabolism

David Wolf M.S. - SuperFoods & Raw Foods Nutrition

Dr. Walter Willet -Chair of Nutrition Harvard School of Public Health

Deepak Chopra -Mindfulness, Meditation, and Spirituality

Jay Kordich -Juicing

T. Colin Campbell-Food Biochemistry & Plant-Based Nutrition

Brendan Brazier -Plant Based Athletics

Rich Roll-Mind Body Nutrition & Plant Based Athletics

Joe Cross- "Fat, Sick, and Nearly Dead" Juicing & Blending

Dr. Frank Lipman - Functional Medicine & Detoxing

Dr. Robert S. Morse - Naturopathic Physician, Biochemist, and Herbalist.

Dr. Terry Wahls – Founder- “The Wahls Protocol”

EXERCISE PHYSIOLOGY + FUNCTIONAL MOVEMENT

Gray Cook -Functional Movement Screening & Corrective Exercise

Brett Jones-Functional Movement Screening & Kettlebell Training

Dr. Mark Cheng - Prehab Rehab 101. Functional Movement Screening & Corrective Exercise

MovNat -Primal Movement

Esther Gokhale | Gokhale Method Institute-8 Steps to a Pain Free Back

Dr. Eric Goodman -Foundation Training

John Philbin -Olympic Strength Coaching, Speed, Agility & Quickness

Mark Verstegen-Integrative Functional Athletic Training

Juan Carlos Santana / Institute for Human Performance-Functional Fitness

Naudi Aguilar – Founder – Functional Patterns

STRENGTH + CONDITIONING

Ryan Massimo USMC Combat Fitness Program Manager-Tactical Strength & Conditioning

Robb Orr - USMC HIIT Biomechanics of Speed Development for Tactical Strength & Conditioning

Danny McMillian PT PhD | Former 75th Ranger Regiment Athlete Warrior Program Director

Nick Barringer MS CSCS -75th Ranger Regiment Dietician-Tactical Nutrition

Stew Smith - US Naval Academy SEAL Selection | Former US Navy SEAL-Tactical Strength & Conditioning

Jay Merlino-US SOCOM Strength & Conditioning Coach

Mark Stephenson, MS, ATC, CSCS, *D, TSAC-F - Head of the USSOCOM Human Performance Program