

# **Brad Kendall**

The Training Arena is fortunate to have Brad Kendall on staff as a Speed/Agility trainer and class instructor. During high school, Brad was a four year varsity letter winner in basketball and soccer. As team captain and point guard, he led his team to two basketball ACSI (Association of Christian Schools International) titles. Brad played collegiate basketball at Holy Cross College, as a starting point guard during his freshman and sophomore years and was team captain. As a junior, Brad transferred to Bethel College to pursue a degree in Exercise Science. He also joined the Bethel track team to learn effective coaching strategies for speed and agility. Upon graduation, he plans to continue his education and earn a Masters Degree in Exercise Physiology. Brad is also in the process of becoming a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. He hopes to become the head strength and conditioning coach at a Division I university. Brad is passionate about fitness, athletics, and conditioning, and desires to help others achieve their personal fitness goals.