



STRENGTH & CONDITIONING PROGRAM

THE PROGRAM

- Personalized training plans aimed at enhancing physical performance
- Evidence-based strength and conditioning strategies to improve overall physical readiness and resilience
- Individualized support in developing recovery protocols and ensuring safe progression back to full activity levels following fatigue or physical setbacks

INJURY PREVENTION PROGRAM

THE PROGRAM

- Designed to help alleviate physical stress through targeted relief methods
- Individual assessments of past and current issues
- Evidence-based injury management and prevention techniques to enhance job readiness
- Mitigate pain and improve functional movement while minimizing injury risks



SEAN CONWAY MS, CSCS D

Program Manager/ Strength & Conditioning Specialist

- Former military contractor supporting the 57th Rescue Squadron at RAF Lakenheath, UK, as the Strength and Conditioning Coach
- Master's Degree in Kinesiology and Applied Physiology



KENDALL STULL MS, LAT, ATC

Injury Prevention Specialist

- Served as a Fellow at the United States Naval Academy, the primary athletic trainer covering Women's Rugby and Co-ed. Rifle
- Masters in Athletic Training program from Towson University



NICHOLAS ARRIGIO MS, CSCS

Strength & Conditioning Specialist

- Served as a Strength and Conditioning Coach in the U.S. Army's Holistic Health and Fitness (H2F) program
- Master's degree in Applied Exercise Science from Concordia University



PAM STASO BS, L/ATC

Injury Prevention Specialist

- Worked with elite Division I, II, and III collegiate athletes, as well as Naval Academy midshipmen and the U.S. Army's 14th Military Police Brigade
- Assisted physicians and physician assistants in treating musculoskeletal injuries in an orthopedic clinical setting



MENTAL PERFORMANCE PROGRAM

THE PROGRAM

- Design personalized routines to enhance focus, resilience, and mental clarity under pressure
- Apply evidence-based techniques like mindfulness and cognitive reframing to manage stress and improve decision-making
- Deliver individualized coaching with targeted assessments and actionable feedback for performance optimization



RAVEN GERALD MA

Mental Performance Specialist

- Coached at NCAA Division I, II, and III levels for eight years, mentoring collegiate athletes in physical and mental performance development
- Served as Assistant Athletic Director at Trinity Washington University



SCAN TO DOWNLOAD THE O2X APP AND USE ACCESS CODE:
BCOFD128