

# Hank DeGroat CSCS LMT

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(If viewing electronically click on the active links below for additional information.)

## Experience – (Over 12 years as a CSCS and LMT)

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**Current - Lifestyle and Wellness Coach:** Maintain weekly 1-1 coaching clientele of 30 hours per week of non-athletes that I help with the exploration, development, and management of a personalized [Health and Wellness Portfolio™](#) that gives them the needed knowledge and skills for lifelong fitness and wellness.

**Current - Performance and Rehab Consultant:** Work with elite and professional basketball players through [Boston Amateur Basketball Club](#) and [BMB](#). I have also worked with a number of elite members of [Team Psycho](#) and local amateur athletes in soccer and lacrosse. (Major areas of focus include back, hip, knee, ankle and foot pain. [Eliminating common injuries such as runners knee, shin splints, achilles tendinitis, ankle sprains, and Morton's Neuroma in one treatment session using combinations of muscle energy, positional release, and myofascial release techniques.](#))

**Master Trainer, Boston Sports Clubs Waltham:** Maintained an active list of over 40 clients with a wait list. My services focused on athletic development and conditioning, post orthopedic rehab conditioning, and lifestyle transformation.

**Founder, BiG Head Fitness Inc.:** A wellness education company that provides tools and resources in the area of fitness, diet, and stress management to the public and to health educators. Authored the book and educational CD-ROM, [Not Another Guru: Understanding The Diet and Exercise Game.](#)

**Fitness Program Manager, Boston Sports Clubs Waltham:** Managed a staff of over 30 trainers in a 75,000sqft, 6,000 member facility. Daily responsibilities included developing a friendly knowledgeable staff, staff scheduling, equipment maintenance, and member issues. Challenges faced during tenure included guiding the fitness staff through a major ownership transition, as well as the development and implementation of new training and sales protocols for the club. **Awarded Co-Fitness Manger of the Year out of a group of over 100 other fitness managers**, for successfully building a team that doubled our revenue to over \$900,000 in less than two years.

**Massage Therapy:** Worked with John Marchese DC, CSCS, former DC for the **Boston Celtics** and numerous other pro athletes in the Greater Boston area. Trained with and was the massage therapist for Chris Brennan and the [Next Generation Fighting Academy](#) mixed martial arts fight team.

**US Army:** 2 Years active duty **USA Army Infantry Soldier** and veteran of **Desert Shield** and **Desert Storm**.

## Education and Certifications

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- Bachelor of Arts in Philosophy: Calvin College, Grand Rapids, MI
- Licensed Massage Therapist: Blue Heron Academy, Grand Rapids, MI
- Certified Strength and Conditioning Specialist (CSCS): from the [National Strength and Conditioning Association](#)
- Certified Yoga Instructor [RYT 200@](#)
- Certified [USA Weightlifting](#)
- Certified Aquatic Therapeutic Exercise Instructor: from the [Aquatic Therapy & Rehab Institute](#) and [AquaLogix](#)
- [Certified R.A.D Systems Instructor](#): women's self defense.
- Completed Advanced [Kinesio Taping Association](#) seminars and coursework.

## Internships

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- [Mike Boyle Strength & Conditioning](#): Hands on coaching internship working with high school and collegiate athletes.
- [Sports Lab](#): (**Marv Marinovich**) He showed me athletic training as a [true art form](#).
- [MVP Sport Centers & Physical Therapy](#): A sport performance internship that focused on **developing and implementing individual athletic protocols** according to sport, age, strengths and weaknesses

## Coaching References

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**Karen Smyers** – Winner of the Ironman Kona and inductee of the [USTA Triathlete Hall of Fame](#)

**Leo Papile** – Founder [Boston Amateur Basketball Club](#) (BABC) and former VP of Basketball Operations for the Boston Celtics

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