Kevin's  background in sports and athletics spans 50 plus years.  Kevin was a Div II All America (honorable mention) from Cal Poly, SLO.  In his 4 year college career, Kevin scored 2,000 points and grabbed 1,000 rebounds as a 4 year starter. Kevin attended Bellevue Community College in Bellevue, Washington and Cal Poly, SLO in San Luis Obispo, CA. Excluding his freshman year at Bellevue, his teams made the  playoffs 3 out of the 4 years.
At Bellevue community college, Kevin was voted to the all-time team. He was conference MVP and 1st team all-league his sophomore year. His team also finished 3rd in the state that year. At Cal Poly, Kevin's teams made the playoffs both years. His junior year, the Mustangs finished 3rd in the nation and missed going back again his senior year by a single point. Kevin was voted to the National Association of Basketball Coaches West all-star team. He was one of only two Div II players to play in this game of Div. I All Stars.  Kevin was voted to the Calpoly, SLO Hall of Fame in 1995.

Kevin’s coaching and training pedigree is, and has been based on acquiring knowledge. His NSCA, CSCS, ISSA Master Trainer, USAW, Sports Performance Coach, Russian Kettlebell Instructor. 20 plus years of seminars, workshops, looking up and reading articles and books to increase his knowledge to train different populations.

He practices what he preaches in his daily training mix of strength, conditioning, yoga, and nutritional discipline

