

Collene Sonnier

Strength and
Conditioning
Specialist

Profile

Employment History

Details

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(151) 525-1505

1450 E Commercial Blvd, Oakland Park, FL 33334

As a certified Strength and Conditioning Specialist with over 1 year of experience, I have helped clients achieve their fitness goals through customized workout programs and nutritional guidance. I am passionate about helping people reach their full potential and improve their quality of life. My expertise lies in designing safe and effective training programs that are tailored to the individual's needs and goals. I am also knowledgeable in nutrition and can provide guidance on how to eat for optimal health and performance. In addition to my work as a strength coach, I am also a certified personal trainer and have experience working with clients of all ages, abilities, and fitness levels

Strength and Conditioning Specialist at Florida Athletic Performance, FL

May 2022 - Present

- Developed and implemented training programs that helped athletes achieve their highest potential.
- Designed individualized strength and conditioning programs for injured athletes to help them safely return to competition.
- Helped an athlete increase their vertical jump by 6 inches in one season.
- Led a group of 20 athletes through a 12-week off-season program that improved all aspects of their game.
- Successfully completed the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS) exam.

Strength and Conditioning Coach at Acceleration Sports Performance, FL

Aug 2021 - Apr 2022

- Trained athletes that have gone on to compete at the collegiate and professional levels.
- Developed training programs that have led to significant improvements in athletic performance.
- Helped athletes overcome injuries and return to competition safely.
- Educated athletes on proper nutrition and supplementation for optimal performance.
- Managed budgets and scheduling for strength & conditioning facilities.