

# Mike Poidomani's Bio

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1991 Graduate of Springfield College. BS Health and Fitness

1993 Graduate of Western Michigan University. MS Exercise Science

Strength and Conditioning Coach at Western Michigan University 1991-1996.

Strength and Conditioning Coach at Boston College 1996-2002, 2012-2013

Owner and Operator- MJP Strength and Conditioning 2010- Present

One Season with Providence Capitals. Worked with Athletes aged 8-18. All Triple A and Elite Teams

2 Years conducting Youth Strength and Conditioning Camps for kids 10-13 years olds

