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WORK EXPERIENCE

SportFit Consulting LLC, Stone Ridge, VA (2007-present)
New firm established to provide a range of fitness consulting services, including facility design, personal coaching, sports instruction, and expert witness services.

Personal Fitness Inc. [d.b.a. Country Club Fitness], Rockville, MD (1985-present)
Founder and President of company providing a full range of fitness center design, management, instruction, and personal training services. Country Club Fitness provides contract fitness management/instruction services for 12 private and country clubs, including Belle Haven CC, Columbia CC, Bethesda CC, Woodmont CC, International CC, Baltimore CC, and St. Clair CC. As company president, responsibilities include strategic leadership and management (of approximately 110 employees); budgeting and financial planning; design for new facilities; marketing, consulting, etc.

Sports Training Institute, New York, NY (1979-1985)
Program Director (1983-1985); Director of fitness centers at Racquet and Tennis Club and Morgan Stanley & Co. Responsibilities included fitness testing, training instructors, designing new S.T. I. fitness centers, conducting one-to-one instruction, and all other phases of management. Personal fitness trainer (1979-1983).

Control Data Corporation, Minneapolis, MN (1980-1984)
Part-time fitness consultant for the StayWell Program.

Franklin School, New York, NY (1978-1979)

Webb School of California, Claremont, CA (1977-1978)

EDUCATION

Harvard University, Cambridge, MA (1973-1977)
B.A. in anthropology/archaeology, 1977. Varsity baseball, football.

California University of Pennsylvania (2005)
M.S. in exercise science, with honors, 2005.

CERTIFICATIONS AND MEMBERSHIPS

American College of Sports Medicine (1983-present)
ACSM Health/Fitness Director Certified 1988-present.

American Academy of Health and Fitness Professionals (1995-present)
Certified Medical Exercise Specialist.

National Academy of Sports Medicine (2004-present)
Certified Performance Enhancement Specialist 2005.

IDEA - Int'l Association of Fitness Professionals member (1986-present)

BUSINESS HONORS

- Boardroom Awards** (2002-present)
Winner of Excellence in Achievement Award as top Fitness Company/Consultant, for four consecutive years.
- Fitness Onsite magazine** (Oct. 2005)
Featured on cover and in article on fitness solutions for private clubs.

WRITTEN WORK

- Boardroom** magazine (2002-present)
Editorial columnist
- Fitness Management** magazine (2002-present)
Advisory Board member, columnist (Fitness OnSite column) and frequent contributor.
- Club Management** magazine (2001)
Published article, "Fitness Center Supervision"
- IDEA Personal Trainer** magazine (1999)
Published article, "Selling Personal Training."
- Physician and Sportsmedicine** magazine (1988)
Published "Sportsmedicine Forum" piece on low back injuries in recreational athletes.

EXPERT WITNESS EXPERIENCE (partial list)

- Caruso et al. v. Pierce and Bally's**, Rockville, MD (Mar. '04- Jun. '06)
Expert witness for plaintiff regarding fitness club employee assault of members.
- Ruiz v. Citrus Grove**, San Francisco, CA (Nov. '04 - Feb. '05)
Expert witness for plaintiff regarding accidental death of treadmill user.
- Chesman v. Town Sports Int'l.**, Washington, DC (Jan. '07 – May '08)
Expert witness for plaintiff regarding accident during personal training in health club.
- Bricken v. L&T Fitness**, Washington, DC (Nov. '07 - present)
Expert witness for defendant regarding accident with exercise ball in corporate gym.
- Skrine v. Victory Gym et al.**, Dallas, TX (Dec. '07 - present)
Expert witness for plaintiff regarding accident with BOSU device during personal training.
- Topete v. Lifetime Fitness**, Dallas, TX (May '08 - present)
Expert witness for defendant regarding accident on stair climbing machine.

LECTURES AND TEACHING

- Club Managers Association of America** (2001-present)
Lectured to regional/national club managers' groups on fitness center design and management.
- Fitness Institute for Training** (1997-2000)
Lecturer on functional anatomy, exercise physiology, and the business of personal training for Personal Trainer Certification course.

SPORTS EXPERIENCE

- Professional Squash Association** (1985-present)
Virginia State Open Champion, March 1987 and March 1996.
Teaching Professional 1985-1992, 2008-present (currently Worldgate Sport & Health Club).
- Cascade Officials Assn., Potomac Valley Officials Assn.** (2001-present)
High school, college, and recreational umpire for girls' fastpitch softball.
- Recreational sports and activities**
Weight training, competitive baseball, golf, skiing, cycling/racing, running, hiking, etc.