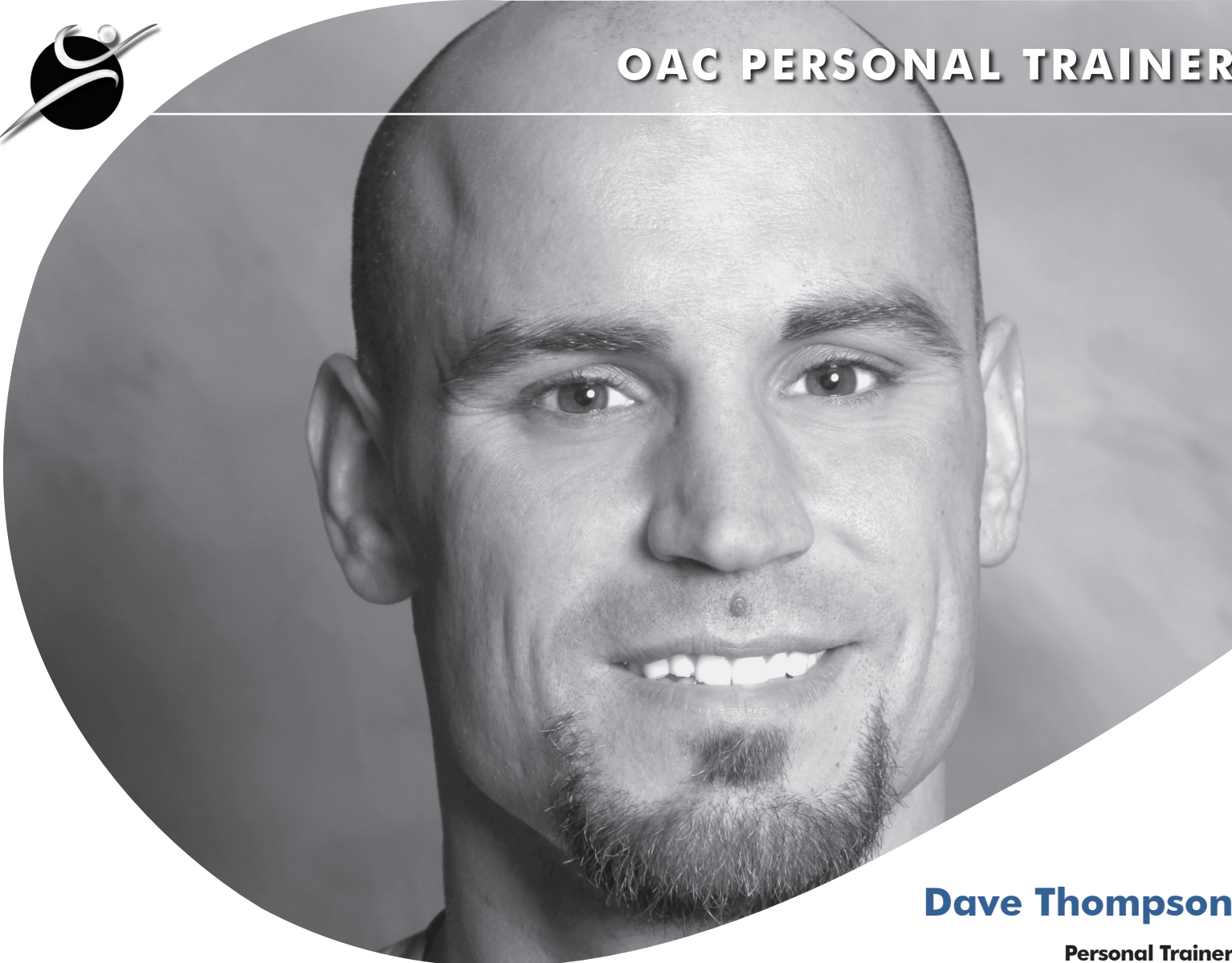




# OAC PERSONAL TRAINER



## Dave Thompson

**Personal Trainer**

Contact Dave at [personaltraining@oxfordathleticclub.com](mailto:personaltraining@oxfordathleticclub.com)

### Experience

NASM Performance Enhancement Specialist  
ISSA Certified Fitness Trainer  
Head Strength Coach for over 5 years, California University, Highland Community College, Fort Scott Community College (Kansas)  
Over 7 Years of College Football Coaching Experience  
Amateur Boxing Experience, 17 years  
Masters of Science, Exercise Science/Injury Prevention, December 2011  
Bachelor of Arts, California University

### Specializations

Athletes – Youth to Professionals  
Speed and Agility  
Strength and Power  
Functional Based Training  
Youth and Adult Boxing  
General Fitness and Weight Loss