



**Coach Kelli Brightwell is a Certified Strength and Conditioning Specialist with Distinction as well as a Registered Strength and Conditioning Coach through the National Strength and Conditioning Association. She also holds Precision Nutrition Coach, USA Weightlifting Sport Performance Coach, and Youth Exercise Specialist certifications. Kelli is an instructor at CSU-P teaching senior level strength and conditioning courses in the Health Science and Human Movement department this spring. She is also a head strength and conditioning coach at two high schools in Colorado Springs.**

**Kelli has been training novice to professional athletes in a private, group, team, and online setting since 2014. Her specialties include youth development, speed mechanics, Olympic Weightlifting and other advanced methods, nutrition, and educating. She has taught and presented nationally and internationally at courses, clinics, conferences, and as an internship coordinator. Kelli lived and traveled in China teaching courses on the science and application of youth training methods and certified over 800 Chinese coaches in those skills. While in China, she trained the Nike China track athletes.**

**Formerly, Kelli was a sports performance specialist and internship coordinator for Michael Johnson Performance and Centura Health at the Hybl Center. Kelli received her Bachelors in Exercise Physiology and a Masters in Sports Physiology at Texas A&M University. During her Masters, she was a graduate assistant for Aggie Athletics Strength and Conditioning where she worked with softball, volleyball, golf, equestrian, and track. Kelli was a personal trainer and strength coach for club teams at the TAMU Rec Center. During her last year of graduate school, she was awarded employee of the year by Rec Sports as a Personal Trainer.**

**Kelli is from Lufkin, Texas where she competed in track and cross-country. Her father is the sheriff of her home county and her mother is a retired nursing instructor from Stephen F. Austin State University. Kelli's hobbies include competing in Olympic Weightlifting, cooking, snowboarding, kayaking, sand volleyball, and many more outdoor activities. She is purpose-driven and gives individuals the tools to be active and reach their goals life-long. Her purpose is to help and love others through training and educating.**