

TRAINER SPOTLIGHT



R.J. Barrett

BS, MS, ACSM, USAW Sports



RJ BARRETT
PERFORMANCE
DIRECTOR

RJ Barrett is a well known Sports Performance Coach in the Southeast specializing in Speed and Agility Training. He has trained numerous athletes from NFL. He is not only known for his knowledge of sports performance but for his energy and compassion to train athletes. RJ came to us after working at Belhaven University in Jackson, Mississippi where he functioned as an assistant football coach for three years. He also assisted in developing the first year-round Strength and Conditioning Program. Prior to Belhaven, he served as a Sports Performance Director at Velocity Sports Performance in Ridgeland, MS. At Velocity, he was the Performance Coach for Strength and Conditioning of all athletes of all ages. RJ is a member of the National Strength and Conditioning Association (N.S.C.A) and United States Weightlifting (USAW). He is currently certified as a Sports Performance Coach through USAW and ACSM. Additionally, he is certified in CPR, SPARQ, and CrossFit. He now resides in Madison with his wife Kacey and daughter Ansley. RJ is energized to be a part of the Performance Training Center family and is excited to help all athletes he coaches reach their maximum athletic potential.

Click Below to Read Articles about our training and athletes:

<https://www.clarionledger.com/story/sports/2015/02/21/local-athletes-come-madison-combine/23830543/>

<https://www.stack.com/a/uncatchable-the-3-exercise-speed-workout-from-footballs-fastest-man>

<https://www.stack.com/a/stack-vsp-madison-healthplex-performance-center>

<https://www.stack.com/a/sarah-thomas-workout>

