

Groundwork Athletics

Jonathan Poli – BHK CSCS

Strength and Conditioning Specialist

Jon has been an avid soccer player since a young age. He was a member of the BC provincial team and played metro soccer throughout his youth. He played for both Capilano College and UBC after high school while attaining his degree in Human Kinetics. He won both the CCAA and CIS National Championship in 2003 and 2005 respectively. While at Capilano College he was team MVP in 2003 as well as a National Championship All Star. Jon was named the CIS National Championship MVP in 2005 as well as championship All Star. Jon also played one year with the Vancouver Whitecaps reserve team. Jon also grew up snowboarding while in Canada, and surfing while living in Mexico. Jon is a certified personal trainer through the Canadian Society of Exercise Physiology, and is currently attaining his certification as a Certified Exercise Physiologist. Jon's goals are to attain a Masters of Science within the next couple of years, and continue training individuals with the most innovative and scientifically based methods to date.

ACCOMPLISHMENTS (see next page)

ACCOMPLISHMENTS

- * 2005, 2006 UBC Academic All Canadian (CIS)
- * 2005-2006 CIS National Soccer Champion UBC
 - o named tournament all star team
 - o championship final player of game
 - o CIS championship MVP
- * 2005 Bob Hindmarch Award (UBC)
 - o Given in recognition of a student's contributions to the university community.
- * 2002-2006 Athletic Scholarship
Capilano College and UBC
- * 2002-2003 Deans List Capilano College
- * 2002-2003 CCAA National Soccer Champion
Capilano College
 - o tournament all star team
 - o championship final player of game
- * 2001-2002 Capilano College Men's Soccer MVP
- * Two Scholastic Awards Capilano College