

CHRISTINA WHITNEY

— MOTIVATIONAL HURDLES COACH —



2004
Oregon State University
B.S., Human Development
& Family Science,
minor, Photography

2018
ISSA Certified
Personal Trainer
(Int'l Sports Science Assoc.)

 **ZUMBA** 2018
Licensed Zumba Instructor

USATF Level 1 Certification

2009
AASI Level 1 Certification
(Am. Assoc. of snowboard Inst.)

2009
Certified AQx
Sports Instructor
www.aqxsports.com

2018 -
PRESENT

SUGU Training Facility | Co-Owner, Trainer

www.sugutraining.com

SUGU Training Facility is a studio gym committed to the health and fitness goals of our clients. We believe in using current and well-developed methods for each client, paired with progressive programs designed to increase functional strength and decrease risk of injury.

2011 -
PRESENT

SGU Track Club | Co-Owner, Hurdles Coach

www.sguttraining.com

We are a year round training program. Mostly made up of track athletes with a few others sprinkled in. Although we love track, we believe any athlete will gain benefit from our advanced understanding of sprinting, hurdling and jumping technique. Paired with a progressive weight training program designed to increase functional strength and decrease risk of injury.

SGU is a amazingly talented group of athletes, who create a warm welcoming environment. We work hard and like to win, whether it's first place or a life time personal record! We support each other and compete as a team in high-level track meets.

OUR MISSION: SGU is dedicated to continually improving our athletes to compete to the best of their ability. This will be accomplished by utilizing current and well-developed methods centered around strength, speed endurance, and mobility/flexibility training. In doing this, SGU athletes will confidently break through performance plateaus and cultivate a winning attitude!

2014 -
PRESENT

Stars & Stripes Camp | Hurdles Coach

www.starsandstripstrack.com

2016 -
PRESENT

Tualatin High School Track Team | Hurdles Coach

- 2017 - OSAA 6A State Champion, boys 300H

2005 -
2015

Lake Oswego HS Track Team | Hurdles/Sprints Coach

- 2009, 2013 - OSAA 6A State Champions, boys 110HH
- 2010 - 4th place OSAA 6A State, girls 300H
- Several 2nd & 3rd OSAA 6A State placers
- Dozens of top 8 OSAA 6A State placers

VARIOUS

Consultant | Rehabilitation Specialist

- 2010 - Nick Barnett, Green Bay Packers line backer
- 2013 - Travis Parrot, Pro ATP tennis doubles player
- 2015 - Rachel (Buehler) Van Hollebeke - pro soccer player
PDX Thorns, US national team member

2010 -
2013

Mt. Meadows | Snowboard Instructor

**"I will be the person I dream to
be; not the person I accidentally
become." -CKW**