

Certifications:

FiTour:	Advanced Personal Trainer, 2010, Personal Trainer Master Practitioner, 2011
ExpertRating:	Personal Trainer, Sports Nutrition, 2011
National Academy of Sports Medicine:	Performance Enhancement Specialist, Pending 2011
Nike SPARQ:	Certified SPARQ Trainer, 2007 to Present
American Fitness Professionals & Associates:	Personal Trainer, 2004 – 2006
American Academy of Health, Fitness and Rehab Professionals:	Medical Exercise Specialist, 1996 to Present
International Sports Medicine Association:	Personal Trainer, Sports Nutrition, Pre and Post Natal Exercise, Weight Training Consultant, 1995 - 2004
National Handicapped Sports Association:	Adapted Group Exercise Leader, 1993
American Council on Exercise:	Gold Certified Personal Trainer, 1991
National Strength Professionals Association:	Certified Conditioning Specialist, 1990 to Present

Other Experience/Awards:

Clinic Director for Speed, Strength and Conditioning: Boys and Girls: FCA Salisbury University Sports Camp: 2003 to Present

Program Advisory Committee: Dundalk Community College, Physical Fitness Technology, Appointed by Tom Lynn, 1995

Honors Dean's List: Dundalk: Spring 1990, Spring 1995, Spring 1996

Employee of the Month: Brick Bodies: Several months: 1988 - 1993

References:

Victor Brick	Brick Bodies	410-252-5280
Liz Rhode	Maryland Athletic Club	410-453-9111
Holly S. Mihok MPT	NovaCare Rehabilitation	410-296-0511
Justin Cooper PT, MPT	Physical Therapy Clinic	(410) 350-8372
	Coordinator, Harbor Hospital*	
Dr. Judy Rossiter	Chief of OB/GYN St. Joseph's Hospital*	
Dr. Khalid al-Talib	Chief of Nephrology, Franklin Square Hospital*	
Dr. Paul C. McAfee	Director of the Scoliosis and Spine Center*	

*Phone numbers furnished upon request

"Pat Marsh is the best trainer I have encountered in the United States... he is extremely conscientious...he has given results..." Dr. Paul C. McAfee, Director of the Scoliosis and Spine Center

"... Pat, the world's greatest trainer" Joe Orsulak, Baltimore Orioles

See more testimonials at www.xcelfit.com

SCROLL DOWN FOR MORE

Patrick E Marsh

8221 Ruxton Crossing Court
Towson, Maryland 21204
443-858-3359

Patrick@xcelfit.com
www.xcelfit.com

Career Snapshot

- Over 30 years experience working in the health, fitness, sports and sports medicine fields. Several years of management experience for one of the area's best-known fitness organization.
- Over 16 years as owner/principal trainer for XcelFit, a private training business/studio working with clients with a variety of needs.
- Years of experience working with professional athletes including several members of the Baltimore Orioles.
- 10 plus years experience coaching volleyball at the college, high school and junior Olympic levels.
- Numerous specialty certifications in areas such as pre and post natal exercise, sports nutrition, sports conditioning, and medical exercise.
- Coaching, management experience in youth and adult ministries for a 4000 plus member organization.

Mission Statement

To provide fitness coaching that encourages, challenges, teaches and transforms our clients lives.

Fitness Coach

Coach for a leader in the health and fitness industry

Clinic Based – Corporate – Non-Profit - Commercial

Key Skills

- Experienced team builder
- Strong coaching background
- Familiar with variety of management strategies
- Effective communicator with desire for company success
- Extensive continuing education
- Strong interpersonal skills
- Desire to grow and learn

Professional Experience

XCELFIT	Owner, Fitness Coach, 1994 to Present
MARYLAND ATHLETIC CLUB	Personal Trainer, 1996 to 2001
BRICK BODIES	Fitness/Personal Training Director, Personal Trainer, 1987 to 1994
DOWNTOWN ATHLETIC CLUB	Fitness Specialist/Trainer 1984 to 1986

Coaching Experience

COLLEGE OF NOTRE DAME	Assistant Women's Volleyball Coach, Strength Coach, 1994 to 1999
TIME OUT FOR SPORTS	Junior Olympic Volleyball Coach for Girls 16under, 1996 – 1998
ST. PAUL'S SCHOOL FOR BOYS	Head Coach, Boys Varsity Volleyball and Junior Varsity Head Coach, 2004 – 2008
BOYS LATIN	Assistant JV Volleyball Coach, 2009
TIME OUT FOR SPORTS	Head Volleyball Coach, Boys 18's, 2008
SENIOR COACH	Youth and Adult small groups, Grace Fellowship Church, 2004 - 2008

Education

University of Maryland	Aerospace Engineering, 1981 – 1985
CCBCMD	Physical Fitness Technology, 1989 – 1996
Nutrition Dimensions	Non-Diet Weight Management, Non-Diet Weight Management for Teens, Weight Control & Eating Disorders, Alternative & Complimentary Nutrition Therapy