

Jamie Heiner - Lead Team Trainer



Certifications

- Certified Strength and Conditioning Specialist (CSCS)
- National Strength and Conditioning Association (NSCA) Member
- Tactical Strength and Conditioning (TSAC) Member
- SPARQ Certified Trainer
- CPR and AED Certified

Work Experience

- Owner/Operator, Impact Sports Performance, 2005-present
- Head Strength and Conditioning Coach, Colorado Rapids, 2006-present
- High Performance Training Center for USA Rugby, 2006-present
- Head Strength and Conditioning Coach, USA Rugby Collegiate All-Americans Tour, 2007
- Instructor, NIKE National Football Combine, CU-Boulder, 2007-present
- SPARQ Testing Instructor
- US Soccer, 2007-present
- Sparkler Fourth of July Tournament, 2006-present

Playing Experience

- NFL: Tennessee Titans, Linebacker, 2000
- NFL: Amsterdam Admirals, Linebacker, 2001
- XFL: Birmingham Thunderbolts, Linebacker, 2001
- AFL: Colorado Crush, Linebacker/Fullback, 2003
- University of Northern Colorado, 1995-99
- Two-time National Champions, 1996-97
- First Team All-American, 1999
- First Team All-Academic, 1999
- Named to 50 Year "Dream Team," 2005
- School record holder for tackles in a playoff game
- School record holder for interceptions returned for touchdowns
- Rocky Mountain High School varsity football, baseball, and basketball
- Instructor, NIKE National Football Combine, CU-Boulder, 2007-present
- US Soccer, 2007-present
- Sparkler Fourth of July Tournament, 2006-present

Teresa Gillian - Team Trainer



Certifications

- National Academy Sports Medicine (NASM) Optimum Performance Training
- NASM Performance Exercise Specialist
- Apex Certified Personal Trainer
- Emergency Medical Technician
- Certified Massage Therapist

Experience

- Fitness Professional with 24 Hour Fitness for 4 years
- College volleyball
- Arizona NASA Power Lifting Champion
- State Champion in Discus, 1999
- Junior high track coach
- High school volleyball, basketball, and track coach
- IFBB Professional Figure Competitor

Kyle Gillian - Team Trainer



Certifications

- National Academy of Sports Medicine (NASM) Optimum Performance Training
- NASM Performance Enhancement Specialist
- NASM Corrective Exercise Specialist
- American Counsel on Exercise Clinical Exercise Specialist
- National Counsel on Strength and Fitness Certified Personal Trainer
- Apex Certified Personal Trainer
- B.S. Clinical Exercise Kinesiology and Physiology
- B.S. Human Physiology
- M.S. Performance Enhancement and Injury Prevention (in progress)

Experience

- Fitness Professional with 24 Hour Fitness for 8 years
- Rugby, 14 years (4 years in college; currently play for Division I men's team)
- Men's and women's rugby coach for 2 years
- Maui Ironman Triathlon: First place, 25 and under (seventh overall), 1997
- Competitive Swimming, 13 years (four-time National Qualifier)
- High school varsity wrestling, swimming, and baseball

Eric Dziuban



Certifications

- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist
- USA Weightlifting Level 1 Club Coach
- National Academy of Sports Medicine (NASM) Performance Enhancement Specialist
- NASM Optimum Performance Trainer
- B.S. Exercise Science

Experience

- Performance training with athletes at the youth, high school, collegiate, and professional levels