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May, 2004



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In a league of his own

Advanced Body's Jim Massaro knows what it takes to create a great athlete

When it comes to training athletes, there's no one in the same league as Nyack's own Jim Massaro.

As strength and conditioning coach for Nyack High School, he has helped the team to two state championships in recent years.

And at his Advanced Body Health and Fitness (174 Main Street, Nyack – 358-5187), he uses his considerable skills to develop athletes from seven to seventy.

"This is what I do best," says Jim, a two-time world power-lifting champion. "We build the total athlete. Their speed, their agility, their mental toughness, their power – it's all combined into one."

Jim has turned dozens of youngsters into stars.

"I have one guy who made the NFL, Marco Battaglia. Another guy who's just won his first world championship in powerlifting and I've got six or seven youngsters who are in college playing football.

"Then there's a girl who's got a full ride to Rutgers for lacrosse."



Jim does rubber-band exercises with world champion powerlifter John Perrata.

But he emphasizes that he's not trying to build champions – just good athletes.

"I want these kids to have a great time, get a college education and play sports the right way."

Jim points out that he's not trying to build super-muscled humans. But athletes have to be able to move and be agile. At Advanced Body, that's what they teach.

"I don't care if you can bench-press 300 pounds," he says. "But if you can't move nimbly, what's the use of that? You've got to be able to move."

"So we build athletes. I teach my pupils agility. Athletic training is all about agility."

So Jim has developed different programs for different sports – whether you play golf, tennis, football or lacrosse.

And it doesn't matter how old you are. "I'm training a woman right now in her early thirties and she's trying out for the women's basketball – the WNBA. Then I have a woman golfer in her late sixties. We do things to improve her swing."

Jim gets specially incensed because he feels women athletes aren't getting the right training. "Right now the number one problem is that girls aren't getting the attention they need. More and more girls are playing sports, but they're not being conditioned properly."

"Advanced Body is the only place around that does athletic training."

And there's no question that Jim is the best there is.



Jim Massaro keeps a close eye on two of his brightest pupils - Jeff Welsh (above) and Ryan Reilly, both aged 14. At right, Corey Coopersmith, 19, does some strenuous agility training, carrying a 35 lb weight.



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