

Rivertown

JANUARY 2007

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Local athletes benefit from world-class training program

Nyack's Advanced Body Personal & Athletic Training Center (358-5187), founded by Coach Jim Massaro, has been serving the fitness needs of Rockland since 1996. Over the past ten years, Coach Jim has helped hundreds of male and female clients ranging from ages ten to 80-plus years old to achieve their fitness goals.

For eight years he has been the strength coach to the Nyack High School football team, which has won two state championships. His heart and soul and passion belong to his development of superior athletes.

For the past five years Coach Jim has been a Master Level Coach for Renegade Training International, which was founded 20 years ago by Coach John Davies.

Renegade Training has consulted for over 50 universities and hundreds of high school programs across the country, amassing an enormous array of championships.

The services of Renegade Training include the development of annualized training programs and the mentoring of coaches, and in this manner the "Renegade system" has spread throughout sport.

"At any stage of the sporting seasons, Renegade is directly responsible for the development and coaching of an estimated 75,000 athletes throughout the world," says Coach Jim.

The Renegade system is a commonality amongst many elite programs and positions including in football, where the Renegade approach has spawned many great young Quarterbacks—Jay Cutler of Vanderbilt (Denver Broncos), Eli Manning of Mississippi (New York Giants), Ingle Martin of Furman (Green Bay Packers), Charlie Whitehurst of Clemson (San Diego Chargers) and Ben Roethlisberger of Miami (Pittsburgh Steelers) among them.

The list is endless and is a veritable "who's-who" within the NFL. Renegade Training is, in fact, involved in all sports—even skateboarding and extreme sports! Renegade has even trained soccer legend Diego Maradona.

As part of the Renegade team, Coach Jim has co-authored a baseball conditioning book titled *Diamonds: A Beautiful Game*, and is presently working on a football conditioning book.

He has also been a contributing writer for *Got Game* magazine and has written articles for a variety of sports/fitness related websites as well. All his articles have been compiled and now appear on his newly-developed website: www.coachjimmassaro.com.



Left: Chris Landry, running back for North Rockland HS Red Raiders performs walking lunges. Lower left - Explosive Training: Nyack HS athletes, (left to right) Katie O'Gorman (lacrosse), her sister Kelsey O'Gorman (field hockey), and Kristina Miele (soccer). Jeff Welsh, shortstop for North Rockland HS Red Raiders performs rubber band balance training.



Coach Jim has also appeared in over 40 Renegade training DVDs. Most of these DVDs have been filmed right here in Nyack where Advanced Body transforms from a gym to a film studio for the occasion.

Says the Coach, "I enjoy filming these DVDs with the Renegade gang. We have a lot of laughs at our own expense. It's always fun when old-schoolers like Coach John Davies and myself go up against the 'youngsters': Coach

Mike Ranfone (Yale U strength coach) and Jon Doyle (all-American baseball player). We try and see who can outdo the other in performing the different lifts we teach on the DVDs."

Coach Jim Massaro is also the strength and conditioning expert for ProSource.Net sports forum. He adds, "It's a great feeling to be able to answer questions from athletes all around the world and to help them make improvements in their athletic development."

