



My purpose in working with elite athletics is to help young athletes develop their physical skills and guide them as they pursue their athletic goals. As a current CIS athlete playing basketball for the Mount Royal University Cougars I know what is physically required of an athlete if they wish to play a sport at the next level. I offer speed, strength and conditioning training tailored to your specific sport. I also provide sport training sessions combined with physical fitness. I am happy to work with athletes of any sport. I also offer skill work sessions for basketball and volleyball. Training is also offered to any other individual interested in improving their physical abilities.

Rates:
 Private Session-\$25/hour
 Group Rate dependant on number or athletes.

NOAH LEWIS

ELITE ATHLETICS



Physical and Sport Specific Training in Comox, BC.

Other than training I also provide sessions for informing young athletes. These sessions can include: nutrition for athletes, how to pursue a sport after high school (ex. Contacting coaches, recruitment strategies and applying for universities) and any other advice you wish to ask of someone who has gone through the process of competing in varsity sports.



Coaching Experience -CVVC Strikers Coach (4years) / Coached Junior Boys Basketball and Volleyball / Mac Bros Basketball Camps (5 years) / Coached numerous MRU Basketball Camps

About Me

- 4th year Basketball player at Mount Royal University (Team Captain)
- Studying Health and Physical Education with a major in Physical Literacy while minoring in Biology
- 2 time Academic All-Canadian
- Former athlete of Sharon DeGoede (owner of Elite Athletics)
- Have experience training athletes under the guidance of Sharon DeGoede (Elite Athletics) and Hidesh Barjwaj (First Step Fitness, Calgary)
- NCCP Level 1 coaching certified for Basketball, Volleyball and Part A+B General sport
- High school Basketball Vancouver Island First Team All-Star
- High school Volleyball Vancouver Island MVP and BC Provincial First Team All-Star
- Competed in the BC Summer games for beach and indoor volleyball team and basketball.
- Level 1 First Aid

CONTACT INFORMATION

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