



Darren Stehle

Education:

- King Sports International Coach Mentoring Program (Jul 2003 to present)
- Level III 5-day Boot Camp, Tufts University , Boston (Mar 2005)
- Level II 3-day Boot Camp, Tufts University , Boston (Jun 2004)
- Level I 3-day Boot Camp, Tufts University , Boston (Sep 2003)
- CPTN Post Rehabilitation Functional Training: Upper & Lower Body (Dec 2002)
- CPTN Certification (Mar 2001)

Philosophy

Darren Stehle is a Mentored King Physical Coach providing you the world's most effective training systems. The King Sports International Coach Mentoring Program is a system based on Coach Ian King's time-tested successful methods for excellence in training the elite athlete and client service.

This combination of specialized education and mentoring, a holistic approach to overall fitness, as well as a compassionate understanding of the client's needs, lifestyle, goals, concerns and feelings has afforded Darren a truly unique approach to fitness coaching and training.

My work involves a higher level of awareness resulting from both experience and understanding that the ego has no place in the process. Your goals and your successes are your own - my purpose is to guide you there; to bring out of you what you already possess and to coach you to excellence.

No theories or trends - just a hands-on approach that works.

**PERSONAL
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