

# BOOST ACADEMY COACHES

## JAKE FRIAS



Jake Frias offers 10 years of experience in the fitness industry. In his home city of Oak Lawn, Illinois, Jake had successful high school wrestling and football careers. He earned a bachelor's in exercise science and a master's in counseling from Lakeland College, where he was a 4-year starter on the wrestling team, an Academic All-American and the second-most winning wrestler in the college's history. Following college, Jake coached youth wrestling teams at both the high school and college level for 10 years, including 3 years as head coach at Cedarburg High School and 2 years at Sheboygan North High School. He has been the assistant football coach at Cedarburg High School for the past 2 years and will begin assisting the Kohler-Lutheran-Christian High School team this year. He holds personal training certification through the American Council on Exercise.

## ELLIOT SCHMITT



Elliot Schmitt is a graduate of Manitowoc Lincoln High School, where he played football. He earned a bachelor's degree from the University of Wisconsin-Oshkosh in exercise science with an emphasis on strength and conditioning. He now has more than 10 years of experience in strength and conditioning. Elliot, who holds personal training certification as a strength and conditioning specialist, completed two internships at the James Andrews Institute for Orthopaedics and Sports Medicine in Pensacola, Florida, with the Wounded Warrior Project for United States military personnel. During his internships at the institute he also trained Paralympic athletes and NFL, NBA and MLB players.

## BEN CHAPMAN



Ben Chapman, who was raised in Plymouth, Wisconsin, has worked with athletes in swimming, football, dancing, triathlon and running. A former WIAA Division 1 state wrestling champion, Ben is head wrestling coach at Plymouth High School, where he had a successful wrestling career, including three conference championships, two regional and sectional championships and two state tournament appearances. Ben was a regional national champion in freestyle and Greco-Roman wrestling. He was also a first-team all-conference football player and played on the state-qualifying baseball team. Following high school, Ben wrestled at the University of Wisconsin-Madison and Lakeland College, where he earned a bachelor's in biology. He holds personal training certification through the American College of Sports Medicine.



## **ANDREA KIRCHENWITZ**

Andrea Kirchenwitz is a Sheboygan native who played golf and softball from the time she was five through her high school years at Sheboygan North. She was a starting pitcher in softball and a three-year starter and two-time state qualifier in golf. She graduated from the University of Wisconsin–Oshkosh, where she played golf for one year and earned a bachelor's in exercise kinesiology. Andrea has been involved in youth athletics as a softball umpire, and she is a personal trainer for strength training in golf, baseball and softball. She earned her personal training certification through the American Council on Exercise.



## **JAYCOB BARTELS**

Jaycob Bartels is a graduate of Sheboygan North, where he excelled in baseball. He played soccer, basketball and baseball all his life. Jaycob works as a personal trainer, certified through the American Council on Exercise. He has worked with a variety of athletes ranging from rugby players to tennis players and is focused on improving athletes, speed, power and acceleration in all directions. He is currently in the process of obtaining a youth performance certification through the International Youth Conditioning Association.



## **JOHN WAGNER**

John Wagner, who has 11 years of experience as a certified personal trainer, sports performance coach and exercise rehabilitation specialist, has worked with youth in football, wrestling, track, volleyball, softball, baseball, basketball and soccer. He served as an assistant coach for high school and college football, defensive coach for the Sheboygan County Rebels semipro football team and assistant coach for high school wrestling. John, who had rewarding high school, college and semipro football careers, received a bachelor's in fitness and sports studies from Lakeland College, and he earned his personal training certification through the American Council on Exercise.